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Editor's new golf skills are par for the course

onpages16-17

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onpage7

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# Protest over 'brutal' cuts to services

BY LAUREN ARCHELL
lauren.archell@lutononsunday.co.uk

**A SERIES of cuts to public services were agreed at a Town Hall meeting at which unions urged the council: 'Stand up to the Government'.**

The budgets for street cleaning, highway maintenance, school transport and uniform grants, are set to be reduced or scrapped completely, after councillors agreed to send the reports to consultation.

Luton Borough Council has to find £48m of savings in the next three years, with £22m of that having to be found in the 2013/14 budget.

A group of union members, many of whom are part of the street cleaning team that are expected to lose 21 members of frontline staff, stood outside the Town Hall with placards.

Once inside, Unite the Union representative Richard Gates pleaded with the council executive to stand up to the Government and 'say enough is enough'.

He said: "I know that these are tough times for everyone and the council are in a no-win situation, but I would be doing the members a disservice if I didn't try to defend their jobs."

But Labour Councillor Dave Taylor responded by saying: "Regretfully, we don't have a lot of choice. To save £48m we will be looking at spending across the board. I know it is brutal, but we're backed into a corner."

The report was approved to be sent to consultation.

Cardinal Newman headteacher Jane Crow also made an impassioned plea to the executive, asking them to reconsider proposals to cut funding for school transport to save her school from possible closure.

She said: "Around 600 pupils who come to our school rely on buses to get there and back. If this funding is cut, there is a very real chance that Cardinal Newman may no longer be able to survive and could become extinct.

"Back in 2005, when we discussed these proposals for a first time, I received a letter from Councillor Hazel Simmons which she branded the plans unfair and said she would do all she could to support us. I ask that the council consider taking the same stance again."

But council leader Cllr Simmons said: "Unfortunately, we are in a very different place compared to where we were then.

"We need to present a balanced budget, otherwise someone else will come in and their cuts will be worse."

Other plans sent to consultation were for the cessation of the School Uniform Grant, which could affect up to 4,000 families, and the reduction of highway services budgets, which could see the £16,000 contribution the council makes to festive lights stopped.

The proposals are due to go before the full council in December.

In a small slice of good news, weekly bin collections have been saved for the time being, thanks to a £10.8m Government grant, announced by Secretary of State Eric Pickles on Thursday.

DELIGHTED: University of Bedfordshire Vice Chancellor, Bill Rammell with actor Colin Salmon

## James Bond star honoured at uni ceremony

**THERE were high kicks and dance moves aplenty when Luton lad Colin Salmon visited the University of Bedfordshire to collect an Honorary Doctor of Business Arts award.**

**The actor, who recently wowed viewers with his slick moves on BBC One's Strictly Come Dancing, joined graduates from the Faculty of Creative Arts, Technologies and Science as they celebrated the end of years of hard work.**

**Still recovering from Strictly fever, Colin demonstrated his sharp abilities with a quick high kick when he collected his award, with cheers and applause from the audience.**

**Colin, who is best known for his roles in three James Bond films, moved to Luton as a baby and went to Ashcroft High School as a child.**

**After receiving his award on Thursday, he told the graduates: "I just want to say how humbled and honoured I am to receive this award.**

**"As an actor, it is not my job to judge. There is nothing I turn my back on.**

**"You must face everything; learn from everything, because everything is an art form."**

**The James Bond theme tune was played on St Mary's Church's organ as the ceremony concluded, which bought smiles to the faces of all in attendence.**

**Afterwards, Colin took time to meet graduates, pose for photos with excited fans and even danced with a lucky few of them.**

**Vice Chancellor Bill Rammell told the graduates: "This faculty has excelled in teaching, learning and research."**

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# 'Narcissistic' rapist targeted women on trains in late-night attacks

**BY JULIA SUTTON**
editor@lutononsunday.co.uk

A MAN who preyed on lone women on trains and branded a 'serious danger to women', has been jailed for a minimum of five years.

French national Jean Alexis, of The Ridings, Luton, sexually assaulted two women, raped a teenager in a train toilet, and stole from a male passenger while he slept, during journeys between St Pancras and Bedford.

The offences were committed over a four month period between October last year and February this year, and usually took place late at night.

Alexis, 26, had continued to protest his innocence despite the findings of a jury at Luton Crown Court, claiming that he had been wrongly identified by the first two women, and that he had consensual sex with the teenager.

He pleaded not guilty to rape, sexual assault, committing an offence with intent to commit a sexual offence, common assault and two charges of theft, but was convicted on all charges unanimously in August.

On Friday, he was given an indefinite sentence for public protection and must serve a minimum of five years before being considered for release.

Judge Philip Bartle QC told him: "You have an inflated sense of your own attractiveness and lead a lawless and hedonistic lifestyle. You show disdain and contempt for other people and especially strangers. In plain language I am satisfied you are a serious danger to women."

The Judge recommended he be deported at the end of his sentence.

Sean Minihan, defending, said: "He is said to have narcissistic tendencies and attempts to chat women up at first and when that charm does not work he attacks them. He persists in not admitting his responsibility, but it is a common feature that people cannot make that admission because of the stigma attached to sexual offences."

**PROUD: Finigan Jéan hopes to promote Luton as a good place to be**

# Fed-up chef creates 'Wall of Fame' to celebrate town

A CAFÉ owner is hoping to show that Luton is a great place to live, by displaying pictures of all of the town's successful residents.

Finigan Jéan, 49, who runs Finnegans in Manor Road, said he wanted to create the 'Wall of Fame' after going travelling.

He said: "I left the café in 2007 and while I loved my time away, I realised that there was no place like home.

"Now I've come back and taken over again, I want to create a special place to celebrate all that is good about our town.

"I'm looking for people that were born and bred in Luton, and have represented the town professionally, whether that be in sports, music, politics or something else.

"I'm fed up with people criticising our town, and want to show everyone that you can come from Luton and be successful in whatever career path that you wish to follow."

If you want to get involved, visit Finnegans Café for more information.

## newsbriefs

**FIREARMS ARREST MADE**

**A 22-YEAR-OLD was arrested for a firearms offence after the vehicle he was driving was captured registering no insurance by the Automatic Number Plate Recognition system.**

**When police officers stopped the car in Sundon Road, Streatley, on Monday, they decided to search it as they could smell cannabis.**

**The officers recovered a firearms silencer, a modified steering lock and ten bags of cannabis. Anyone with information about criminals can call Bedfordshire Police on 101.**

**AIRPORT STARTS CONSULTATION**

**LONDON Luton Airport Ltd (LLAL) has announced it will begin public consultation on a funding programme worth millions of pounds to community, voluntary and business organisations in Luton and nearby.**

**Luton Borough Council's Executive agreed to introduce four new funding streams to support organisation in communities that are most affected by airport operations.**

**Cllr Robin Harris, chairman of LLAL, said: "Luton Airport generates economic advantage to the local area, and LLAL is committed to ensuring this benefit is shared as widely as possible by residents."**

**COUNCIL WINS NATIONAL AWARD**

**CENTRAL Bedfordshire Council and Amey have received recognition for their 'research-led' work on a road safety campaign.**

**The pair won the Prince Michael International Award for their scheme, which contributed towards a 33 per cent reduction in casualty statistics in the first year.**

# Conman targets churches in scam

**CHURCH-GOERS have been warned to be on their guard against a man who is believed to be conning members into handing over money.**

**The police alert came after a man approached a church warden during a service in St Matthew's Church in Wenlock Street, Luton, on Remembrance Sunday, November 11.**

**After speaking with the vicar, he explained his mother had died in Guernsey and he needed money to return her body.**

**The warden became suspicious and told the man to call at the vicarage at a more convenient time, at which point he became agitated and left empty-handed.**

**The man is described as white, in his 50s with a medium build and short brown hair with a slight curl.**

**It is possible this offence is linked to a number of others currently being investigated by police in Bedfordshire and Northamptonshire. Investigating Officer, Detective Constable Michelle Webb, is keen to speak to anyone who may have been approached by this man or has any information about him.**

**DC Webb said: "If this is the same person he is clearly travelling from town to town and may be staying in budget accommodation.**

**"This man is very confident and clearly carries out research before targeting his victims. I would urge anyone who has been approached by this man to report this to the police."**

# New Commissioner says he's no super cop

**BY JULIA SUTTON**
editor@lutononsunday.co.uk

**THE county's first elected police and crime commissioner (PCC) has said it's not all about being a 'super copper'.**

Speaking after he was voted in with almost 36,000 votes, 'weekend soldier' Olly Martins said his focus was to connect with the public.

The 42-year-old officially started the job on Thursday and is already busy with briefings and handovers.

But he remains focused on the job in hand and the importance of justifying the £70,000 pay packet to his electors.

He said: "It's going to be a tough job but I really think I can make a difference."

And he admitted this week that a year ago he had no idea what the newly created role – which will replace the police authority – involved.

A soldier in the Territorial Army and a former Government adviser, Mr Martins said his lack of specific police experience may actually be a positive thing.

He added: "The role is about connecting the police with the public, not being a super copper.

"I think it's better to be someone who is familiar with policing issues but is on the outside looking in rather than on the inside."

Although he said it's very 'early days' in terms of making decisions, one thing the new PCC is clear about is the controversial G4S privatisation plan.

He said: "That will not happen and instead I'm going to be looking at further collaboration.

**SETTLING IN: Olly Martins got stuck into the PCC role on his first official day on Thursday**

"The main thing is I'm going to be as open and as frank as possible with the public.

"I want to spend as little time in this office as possible.

"I will be held to account by the police and crime panel who have already been chosen.

"It's going to be a tough job but I really think I can make a difference.

"I want to encourage a shift towards making sure that victims get the service they have a right to expect.

"I'm not going to be racking up expenses. I think the salary is good enough.

"My focus is on maximising the frontline policing rather than feathering my nest."

Mr Martins, as the Labour Party candidate, defeated the Conservative Party's Jas Parmar, the Liberal Democrats' Linda Jack, Independent Mezanur Rashid and the British Freedom Party's Kevin Carroll in the November 15 elections.

He secured more than 35,000 votes.

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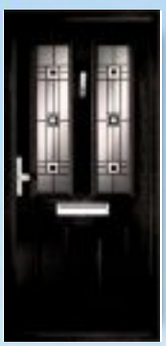

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# Gavin slams railway fiasco

THE MP for Luton South has hit out at the Department for Transport (DfT) over its 'costly and delayed' action in the Thameslink rail franchise process.

Gavin Shuker, who has frequently criticised the performance of the current train operating company, First Group, discovered that the DfT has spent more than £1.2m in staffing, technical and legal advice to date.

The Thameslink franchise was scheduled to be announced in September but has been delayed after the department's handling of the West Coast Main Line franchise, was proved to be flawed.

Mr Shuker said: 'The department are a shocking £1.2m into this process without a result in sight.

"Luton has been dealt a bad hand by the DfT recently.

"One of the first things ministers agreed to when they came into Government in 2010 was to scrap the £50,000 upgrade we were due to get at Luton station; First Group have not fulfilled the commitments made in the current contract and now, the new franchise sees more cost and further delay."

A DfT spokesman said: "We are committed to learn any lessons so we can get the best deal for passengers and taxpayers.

"We cannot say anything further about the timescales of the refranchising programme prior to the completion of these reviews."

# MP Nadine is first to leave the Oz jungle

**BY JULIA SUTTON**
editor@lutononsunday.co.uk

**CONTROVERSIAL Mid Bedfordshire MP Nadine Dorries was the first person to be evicted from the I'm a Celebrity... jungle earlier this week.**

Ms Dorries was ousted at the first time of asking and when interviewed after her exit, described her time in the jungle camp as 'hardcore'.

She said: "I'm not disappointed at being the first, especially when you're starving. I kind of expected it.

"It's been a fascinating experience. I actually came here self-important for a few days, but I'm not now."

Ms Dorries, whose highlights of 12 days of camp life included eating camel toe and ostrich anus, had said she wanted to change people's perceptions of politicians and claims to have 'found herself'.

She said: "I don't think the public understand how hardcore it is down there. The effect on your body when you've had two teaspoons of rice a day, it's hard, hard, hard.

"I don't know what people have seen but I've had so many good conversations in there."

Ms Dorries is expected to stay in Australia until the end of the show next weekend before returning to the UK and her Parliamentary duties. She is also likely to meet with the Chief Whip.

Ms Dorries said she wanted to use her appearance on the show to raise awareness of issues she is interested in, such as reducing the time limit on abortions from 24 weeks to 20 weeks.

Asked by presenters Ant and Dec after her Wednesday eviction if she felt she had achieved her aim, she said: "I don't know what people have seen but I have had some fascinating conversations in there. It's been a fascinating experience.

"I think it is important that MPs realise that you need to go where the public go. More people vote on X Factor and I'm A Celebrity than they do in the general elections.

OUT: Ms Dorries' stay lasted 12 days

"MPs need to go where people vote."

Nadine Dorries says she has set up an office in her Australian hotel room and is working as an MP after leaving the show.

She also told ITV1's Daybreak that she had been given permission to be away from Parliament for November,.

However, she had not told the then Chief Whip Andrew Mitchell why she wanted the month off. She said that many other MPs were away for as long, or longer, than her and did not get the party whip suspended.

She lasted 12 days in the Australian jungle in the ITV reality programme.

Ms Dorries, whose constituency covers Toddington, Streatley and Barton-le-Clay, had said she would donate her MP's salary for the time she was on the show to charity.

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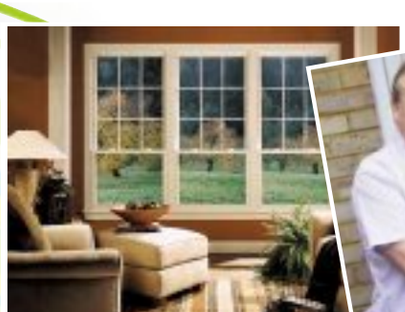

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# Vote for your police officer of the year

BY STEVE LOWE
editor@lsnmedia.co.uk

WHO deserves YOUR vote for Community Officer or Police Team of the year?

Has a police officer or PCSO made a difference where you live? Has a Local Policing Team changed things for the better in your community? If so we want your vote.

Once again in partnership with LSN Media, Bedfordshire Police are hosting their third annual awards ceremony as a way of recognising the outstanding work officers and staff do on a daily basis.

The awards also celebrate their successes, which are only achieved with the help and support of the public.

Chief Constable Alf Hitchcock said: "In times of austerity it is important that recognition of good work is not a casualty of cuts.

"It is really important to stop and take a moment to appreciate the efforts of our colleagues, our teams, our Force and ourselves, which gives a real boost to morale."

"Our passion to fight crime and protect the public remains at the forefront of our minds and we are delighted to have the support of Luton on Sunday and LD Express in publicising our awards.

ON THE BEAT: Vote for your officer

"I really hope the public will play an active part and demonstrate their appreciation of the service we provide."

The public vote is for an individual officer or team who has demonstrated one or both of the following:

• Made a real difference to the local community they are serving by working in partnership to improve the quality of life of the neighbourhood

• Dealt successfully with a complex community based problem by working in partnership with other agencies to secure a successful resolution.

"The Annual Awards are being organised at no cost to the Force," added Alf Hitchcock.

"But we need your help in pointing out the Bedfordshire Police stars of 2012, so please don't delay in putting in your nominations for those who have gone the extra mile."

The closing date for entries is Friday, December 7.

In order to have your say on the police awards, please send details of the person or team you are nominating, the reasons why and your contact details to either Luton on Sunday, 28 King Street, Luton, LU1 2DP, or (FREEPOST no stamp required):

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# New surgery to treat blindness at the L&D

BY LAUREN ARCHELL
lauren.archell@lutononsunday.co.uk

SIGHT-SAVING surgery usually available only in specialist centres is now on offer at hospital.

Luton & Dunstable Hospital is now able to carry out corneal transplants and grafts to treat blindness, thanks to the appointment of consultant eye surgeon Allon Barsam.

The newly formed Corneal Service will treat up to 2.5million people from South and Central Bedfordshire and East Buckinghamshire, where previously patients had to travel further to a specialist centre, in London or elsewhere.

Mr Barsam, who has undergone specialist training at international centres of excellence in New York and London, said: "I am delighted to be part of the L&D team and as well as corneal transplant surgery, we hope to develop the service to provide laser vision correction where appropriate for patients.

"The cornea is the window of the eye, and when it is damaged or diseased, it prevents light entering it.

"A corneal graft replaces all or part of the cornea with tissue from a donor eye, which can which can improve or restore sight, alleviate pain or repair damage."

Peggy Goodwin from Bedfordshire was the first patient to have corneal grafting at the hospital.

Following her surgery, she said: "Thanks to Mr Barsam and his surgical team at the hospital I can see normally again after losing the sight in one eye.

"It's a month since surgery and my sight is continually improving and every day I can pick out more and more detail. It has transformed my life and helped me regain my independence."

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## Recycling centre is shut due to high winds

A HOUSEHOLD waste and recycling centre is temporarily closed owing to extremely windy conditions.

Luton Borough Council and operators FCC Environment decided to close the centre at Eaton Green Road, Luton, after seeing cardboard and a barrier flying across the site.

Met Office bulletins suggest the high winds are likely to continue for a while.

Councillor Dave Taylor, portfolio holder for waste management and recycling, said: "Thankfully there haven't been any serious mishaps so far. But with such high winds, we don't want to risk injury to any person or serious damage to property."

Anyone arriving at the gate of the Eaton Green site is being directed to the recycling facility in Progress Way, which is a less exposed site.

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# yourletters

## Police Commissioner speech angers some

**SIR – I listened with astonishment to Labour Party candidate Olly Martins' acceptance speech at becoming the new Police and Crime Commissioner at last week's elections.**

**Unlike Conservative Party's Jas Parmar, who was gracious in defeat, Mr Martins was far from magnanimous in his narrow victory, telling 8,675 people that they are nasty and to crawl back into the hole that they came from. To say such a thing is divisive to communities of Bedfordshire. Having belittled these people for engaging in the democratic process, could Martins clarify where this hole is?**

**Outside of Bedfordshire perhaps? With the comment he has made, it is clear that the Bedfordshire Police force will not be representing those families that live in a hole. Human beings do not live in holes Mr Martins, and to refer to a section of society as they do is to dehumanise. I would have thought that his work with the United Nations should have taught him where that leads to. Let's hope that out police force remains for all, not just for whatever a hard-nosed politician decides.**

**Terry Young**
**Runfold**

**VICTORIOUS: Olly Martins being congratulated by Labour colleagues Kelvin Hopkins and Gavin Shuker, Luton's MPs**

## Congratulations, Olly

SIR - I would like to take this opportunity to thank the good people of Bedfordshire who voted for me during the first ever Police and Crime Commissioner elections.

I am disappointed that despite my best efforts and a very positive message, I was unable to secure a victory.

I am encouraged that I managed to win majority votes in Bedford Borough and Central Bedfordshire. However, I was unable to persuade the voters in Luton who came out in numbers to vote for the Labour candidate.

I wish Mr Martins well and hope that given the small and manageable size of the county, he will not forget about the rural Bedfordshire that makes up almost 70 per cent of the total area.

In the next 100 days, he will be setting the budget and presenting a police and crime plan for next five years.

Although we have not seen any of his policies to date, I very much hope that he will use the limited funds wisely to keep his promise to the electorate and make sure that whole of the county feels safe and secure.

**Conservative candidate Jas Parmar**
**Clifton and Kempston**

## Marsh Farmer 'fed up'

SIR – As a Marsh Farm resident I am fed up of hearing from Glenn Jenkins and his Outreach friends how hard done by they are.

Over the past ten years they have claimed that if they are given money they will guarantee 100 residents new sustainable jobs.

They have had hundreds of thousands of pounds over the years and haven't created one single sustainable job for local residents and haven't done anything whatsoever that makes a real difference for local people.

They are accountable to no one for all the money they have and run campaigns against anyone who stands up against them.

Glenn's Outreach have done some surveys, ran a go-kart track, and held a few raves but this does not get residents into jobs - it is not anything like value for money.

What Glenn Jenkins likes to keep quiet is that he is one of the bosses of Marsh Farm Futures.

These are the same people who employ a handful of people on massive wages who have failed to carry on the work started over the past ten years that we were promised would happen.

**Name and address supplied**

## Compassion plea

SIR - As the Christmas season approaches, reindeer are being transported up and down the country to be used as entertainment in parades, 'Santa's grottos' and other festive events.

Uprooting reindeer from their natural habitat and keeping them in captivity in this way causes significant health and welfare problems, and according to research at the Veterinary Laboratories Agency, is thought to be linked to the recent increase in deaths in young reindeer.

These include seven reindeer who died from liver and gut flukes in Shropshire and another who died from a lung disease on a farm near Winchester. Quite simply, these semi-wild animals are used to roaming the tundra and eating lichen, not living on farms and being paraded around shopping centres in Britain.

Animal Aid urges people to be compassionate this Christmas, and choose cruelty-free entertainment.

For a free guide to having a Compassionate Christmas, please contact Animal Aid on 01732 364546 or info@animalaid.org.uk

**Ashley Owen**
**Animal Aid**

## Help the homeless

SIR - Your readers may have read recently about increases in homelessness across the UK. What they may not know is that women make up over half of those living in temporary accommodation and that, in London alone, one in ten people who sleep on the streets are women.

We are looking to improve our own housing and support services for women but, because the problems are complicated, we want to hear from others as well about what works - not least women who have themselves been homeless and what made a difference to them.

That's why we're asking people and organisations in your region to join our new 18 month campaign, Rebuilding Shattered Lives, so we can get the right help to women when they need it to enable them to recover and successfully move on with their lives.

Please do join our campaign at www.rebuildingshatteredlives.org

**Esther Sample, St Mungo's Women's Strategy Coordinator**

## Kids counting cost

SIR - Winter can be a pretty tough time for most people, especially those living on tighter budgets. Higher heating and electricity bills and buying presents at Christmas all add up making winter less of a wonderland and more of a worry.

Action for Children is working with Barclays to provide free money management courses to young people and young parents through their Barclays Money Skills partnership.

Since November 2011, 2,051 16-25-year-olds from Action for Children projects have taken part in the programme and have come up with some great money saving tips to help with those winter worries.

There are some fantastic tips on the website, so I encourage all of your readers in Luton and Dunstable to visit www.barclaysmoneyskills.com

**Michelle Dewberry**
**Winner of The Apprentice (2006)**

**Your comments on the stories on our website this week:**

### Olly Martins wins

CliftonMan: Such a shame Jas Parmar didn't win. He was certainly the best man for the job. Interesting split in the voting between the three boroughs, He should have been elected on the basis of two boroughs to one. What do others think?

A Lutonian: Well done to those who voted in relation to crime. For those who tried to hi-jack the election for rascist reasons- well the people including myself have spoken! :)

Biddenhamian: This election should not have been about politics, but about how the police can serve the local community. Although the principle of PCCs is democratic and hence good, the candidates' inability to market themselves effectively made the election process a farce. Roll on the next PCC election, when it will hopefully be done properly!

@BenDPB: How could we be expected to vote when no one knows who they are or what their views are? I've not seen one leaflet.

### Candidate theft

@shortyhels: Probably a good job that he didn't win! First rule of anti-theft - don't leave your valuables on display in a car!

### Grant cuts

@SecondaryCEIAG: Luton On Sunday reporting the council considering cutting the school uniform grant. Thought about poss increase in exclusions as a result?

### ATM robbery

Jonny: I hope one of the PCC will sort things like this out. There are too many robberies out there going unsolved and the police have it had tough because the laws are not helping at all. Send them to life in prison!

### New casino?

@LutonEye: Personally, I think the G Casino has dramatically improved the nightlife in town, so I'd welcome a new venue at Napier Park.

### Boxing star

@unleashing_me: Great article about Jordan Reynolds as a future boxing prospect, well done!

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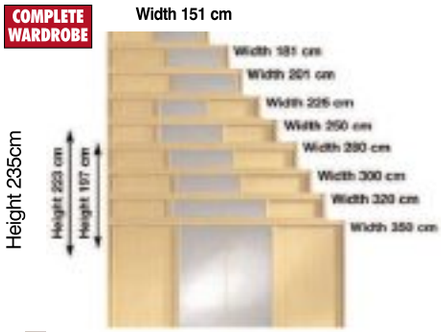


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# Press freedom is lesser of two evils

ANY day now and the much awaited - by some - Leveson report will be published. For those who have forgotten, it was initially announced by the Government after the full scandal of phone hacking was revealed.

Some MPS and a few celebs want the state to regulate journalists. This would be a disaster. I speak not as a journalist but a citizen. By definition a press that is controlled in any way by the state is not a free press. Had this been the case a few years ago some MPS would still be fiddling their expenses and we would know nothing about it. Despite the bad, and possibly criminal, behaviour of a few journalists, only a free press can hold the state to account and act as the fourth estate.

There are other options, one being a kind of beefed-up Press Complaints Commission, as recommended by the current chairman of the PCC, Lord Hunt. At a speech he gave, Lord Hunt also quoted the father of Madeleine McCann, Gerry McCann, who is a doctor. He said why could not journalists sign up to the equivalent of the Hippocratice oath, in order to improve behaviour. If breaking the law does not stop a few of them, signing a pledge won't make them behave.

Some journalists will always behave badly, as will be the case in any trade or profession. And to some extent a degree of irresponsibility can be healthy. Who want to sanitise Private Eye?

The other area this inquiry has not really touched on is digital media. Recently the licence to say what you want on Facebook and Twitter has caused some concerns, both with the law of contempt and libel. But it will be much harder to regulate social media, which is growing rapidly and likely to grow even more rapidly if the printed press is legally reined-in.

It will also hasten the demise of printed newspapers if they are dulled down to satisfy state regulation while all the interesting comment is on the web. And, of course, those who are shouting loudest to bring newspapers to heel are those who most rely on them, when it suits... be they politicians or celebrities. So they might be careful what they wish for.

I WROTE about abuse in a Catholic boys home a couple of weeks ago and have received some abuse myself as a result, in the form of letters of damnation.

They also pointed out that the church has apologised and I should do the same. The point I was making was that the local Diocese had never apologised. in the home. Anyway, onward and upward as I am going to talk about the Church of England. I am sure I will not get the same level of abuse from them, as they generally seem one of the more mild-mannered religions. But if ever there was a more myopic decision than not to permit women to be Bishops, please tell me.

The CofE is constantly trying to prove it is relevant to the modern world and treats all people equally. Except women, obviously, who make up half of it. Having taken the decision, now apparently, it cannot be discused again until at least 2016. By which time the church would have shrunk a bit more and become a bit less relevant to the world and people who live in it.

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# Thief steals bag of cash in Post Office

BY LUI STRACCIA
lui.straccia@lutononsunday.co.uk

**POLICE are warning businesses to be extra careful when carrying their takings after cash was snatched from a woman depositing money in a Post Office.**

On Tuesday at the Post Office, in Sundon Park Road, Luton, at 8.45am a 45-year-old was standing in the queue and had put the bag containing the money on the floor next to her when a man walked in to the branch, snatched the bag, and ran off.

Police Sergeant Ruth Connelly, of the Local Policing Team, is keen to warn members of the public about the need to be extra careful when transporting cash.

She said: "If you have to take cash to the bank or post office please take extra precautions to ensure that you and the money stay safe.

"Don't transport the cash alone, change the route you travel on a regular basis and keep an eye on who is around you at all times.

"If you see anyone acting suspiciously contact the police, immediately."

WARNING: Sergeant Ruth Connelly has valuable advice

The thief was wearing a black woolly hat with a black scarf covering his face, black rimmed glasses, a dark green khaki jacket and dark jeans or trousers and trainers.

The money was contained in two black briefcase style bags, similar to a briefcase but made of soft plastic which had a zip at the top.

A man was arrested shortly after the theft in Kent Road and has been released on police bail pending further investigation.

Business owners wishing further crime reduction advice can contact the force Crime Reduction Officers on 01234 275273 or visit the Bedfordshire Police website on www.bedfordshire.police.uk

Anyone with information about this offence can contact Bedfordshire Police, in confidence, on 101, or text information to 07786 200011.

Alternatively contact the independent charity Crimestoppers, anonymously, on 0800 555 111, or online via the website at www.crimestoppers-uk.org

Advice on how to keep your cash safe includes keeping as little money as possible on the premises, not counting cash within anyone else's view, putting tills away from entrance and exit doors.

Restricting access to the rear of tills and counters using lockable doors or counter flaps are also good ideas.

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# Clubbing for the

BY STEVE LOWE
editor@lsnmedia.co.uk

**THEY say that golf is just a good walk spoiled.**

This was certainly a view that I subscribed to despite never having done any more with a golf club than trying to get a ball around a windmill at crazy golf.

So it was with a lack of knowledge and slight misgivings that I set off for my latest 'sport for the more mature athlete' session at the Bedford and County Golf Club in Clapham, just outside Bedford.

I was met by two men I had known from a previous life, both a couple of old hands at this game plus the club's professional Steve Vinnicombe. I tried a few putting shots before heading to the first tee.

We played in pairs – if that is the right term. I had Steve on my team, the biggest handicap he has had for a while, to guide me through my first attempts.

To begin with I was sending large divots further than the ball but everyone was very polite and encouraging, assuring me that this was quite normal for a beginner.

I think they were just being kind.

Suddenly though it started to click and hitting a ball a passable distance had me whooping like an over enthusiastic schoolboy who had just won at conkers. Having made contact with the ball I now had to turn my newfound skills to sending it in the right direction.

Bing Crosby may have sang about sending his ball straight down the middle but I was grateful to keep it on the course and out of the rough.

I did manage to send one shot into a bunker but lo and behold I surprised myself and even more my companions by hitting it out again and onto the green.

Rory McIlroy eat your heart out!

By now I was beginning to enjoy myself and moreover understand why millions of men and women get hooked on golf.

And a lot of people do play the game.

In the UK there are approximately 4 million golfers.

This club alone has more than 700 members, of all ages.

And there is not that stuffines so well associated with golf clubs, although I did restrain myself from the temptation to park in the Captain's space.

It was a lovely day, albeit a bit misty, and a great opportunity to get out in the fresh air for a couple of hours. There are some great views from the Bedford and County.

It was originally part of the Clapham Park estate and became a golf course in March 1912, as a nine hole course.

An 18 hole golf course was opened in May 1913, with an exhibition between Macfarlane and George Duncan, who went on to win the British Open Championship in 1920.

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# more mature gent

PREPARED: Geoff Coombe, John Elwood, Steve Lowe and Steve Vinnicombe

During both World Wars the course was closed and used by the armed forces.

The golf course was re-established and in 1952 th efull 18 hole course was fully restored.

Which I am now playing on, if not like an absloute master, at least in a way that is not incurring a long and grumpy queue behind me as I swish air or plough the fairway.

I may not be a complete expert but I am no longer a complete novice either.

In fact they even suggested they might want me to play with them again - which may of course been just out of politeness - although people are rarely polite to me. They even began to explain the Handicap system, which apparetnly provides a level playing field, so the not so good can have a game against the better players.

But it was enough for me to concentrate on hitting this little white ball with my stick, without discussing such complicated detail.

Still, while I may not be rushing out to get a pair a plus fours and my own clubs I do think that it would not take much to persuade me to spoil another good walk, even without the good company and the lure of the 19th hole.

**FACTBOX**

■ Steve's sporting sessions are organised by Get Back Into. The project is run mainly by team BEDS&LUTON County Sports Partnership to help people 16 and over to get back into or take up a new sport. For more information about introductory courses in a choice of activities visit www.getbackinto.co.uk

■ The Bedford and County Golf Club are holding an Open Day on Saturday 24 November from 1pm – 4pm. Call 01234 352617 or visit www.bandcgc.co.uk for more details.


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**Household Waste Recycling Centres in Progress Way and Eaton Green Road in Luton will still be accepting your garden waste over the winter.**

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| **Sea Food** Tuna, Prawns & Sweetcorn | 8.00 | 10.00 | 14.00 |
| **Beefeater** Spicy Beef, Onions & Mushrooms | 8.10 | 10.40 | 14.50 |
| **Chicken Supreme** Chicken Tikka with Mushrooms, Green Peppers & Sweetcorn | 8.60 | 10.90 | 14.80 |
| **Vegetarian** Green Peppers, Mushrooms, Onions, Fresh Tomatoes & Sweetcorn and Jelapeno Peppers | 8.40 | 10.60 | 14.60 |
| **Pepperoni Feast** Double Pepperoni, Mushrooms & Onions | 8.40 | 10.60 | 14.60 |
| **Meat Feast** Spicy Beef, Ham, Pepperoni, Chicken Tikka | 8.60 | 10.90 | 14.90 |
| **Mexican Hot** Double Spicy Beef, Onions, Red Beans, Green Peppers, Green Chillies, Chilli Powder and Jelapeno Peppers | 8.70 | 11.10 | 14.90 |
| **Pizza Direct Special** Pepperoni, Mushrooms, Green Peppers, Onions, Sweetcorn, Ham and Spicy Beef | 8.80 | 11.90 | 15.50 |

### SOUTHERN FRIED CHICKEN

| | Large |
|---|---|
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| **Family Bucket** (6 pieces chicken, 3 fries & large bottle drink) | £8.99 |
| **Bargain Bucket** (8pieces chicken, 4 fries, large bottle of drink) | £10.99 |
| **Party Pack** (12 pieces chicken, 4 fries, large bottle of drink & 2 apple pies) | £15.99 |
| **Mega Pack** (16 pieces chicken, 5 fries, large bottle of drink) | £18.99 |

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| Grilled Burger *(tender chicken fillet in a bun)* | £2.80 | £3.79 |
| 1/4lb burger | £2.49 | £3.49 |
| 1/4lb cheese egg burger | £2.99 | £3.79 |
| 1/2lb burger | £3.50 | £4.49 |
| Cheese Burger | £1.70 | £2.69 |
| Cheese Egg Burger | £2.00 | £2.99 |
| Kingsize Burger | £2.50 | £3.69 |
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| Bean Burger | £2.00 | £2.99 |
| Fish Burger | £2.49 | £2.99 |
| Hot Wings | £2.49 | £3.49 |
| Donner in a Bun | £2.00 | £3.00 |
| Panini *(with any 3 toppings)* | £2.49 | £3.49 |
| Chicken Nuggets (6) | £2.00 | £2.99 |

### KEBABS

| | Regular | Large |
|---|---|---|
| Chicken Tikka Roll | £3.70 | £4.20 |
| Seekh Kebab Rolls | £3.50 | £4.00 |
| Doner Kebab | £3.50 | £4.00 |
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| Mixed Kebab Rolls | | £6.00 |
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| Portion Donner | | £2.00 |

### KIDS MEALS

| | |
|---|---|
| 1 Chicken Drumstick, reg fries & drink | £2.49 |
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|---|---|
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| Coleslaw | £1.00 |
| Baked Beans | £1.00 |
| Fresh Salad | £1.30 |
| Chicken Salad | £2.40 |
| Potato Wedges | £2.00 |
| Samosa (meat/Veg) | £0.70 |
| Chicken Pakora (portion) | £2.00 |
| Veg Pakora (portion) | £2.00 |
| Jacket Potato | £1.50 |
| Jacket Potato Toppings | each £0.50 |
| Dips | each £0.30 |
| Pitta | each £0.30 |

### PERI PERI GRILL CHICKEN

| | | Meal |
|---|---|---|
| A. Chicken Breast Burger | £2.99 | £3.99 |
| B. Chicken Breast Pitta | £2.99 | £3.99 |
| C. Per Peri Wrap | £2.99 | £3.99 |
| D. 6 Peri Wings | £2.99 | £3.99 |
| E. 5 Peri Strips | £2.99 | £3.99 |
| F. 1/4 Chicken | £2.99 | £3.99 |
| G. 1/2 Chicken | £3.99 | £4.99 |
| H. Full Chicken | £6.99 | £8.49 |

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# More homes coming at site of former pub

BY LUI STRACCIA
lui.straccia@lutononsunday.co.uk

AN 'IMPROVED' supply of affordable homes is in the offing, with work starting on a new scheme.

Jephson Housing Association East region is building 14 houses at The Barn Owl in Leyhill Drive, Luton, with contractor Taylor French Developments.

The scheme is being built on the site of a former public house and will comprise nine, three-bedroom houses and five, two-bedroom houses.

The homes will be built as sustainable homes, and will be available for affordable rent.

Councillor Tom Shaw, Luton Borough Council's housing portfolio holder, said: "We have been working with Jephson on this exciting new development as part of a much wider programme of increasing the supply of much needed affordable housing in Luton.

"This exciting development will see families in real housing need move into decent homes they can afford to live in. Demand for affordable housing is unprecedented at the moment and that is why it is so vital that we work with committed partners such as Jephson to come up with creative ways to ease this pressure as best we can."

DETERMINED: Councillor Tom Shaw

Adrian Sinha, at Jephson, said: "There is a desperate need for more affordable housing in Luton, with the latest research showing that house prices stand at 8.3 times the average income.

"There is a shortage of sites in this area, so we have to work creatively with Luton Borough Council and maximise the potential of former brownfield sites wherever possible.

"We are looking forward to completing a build which will support our shared commitment to improving the availability of quality, affordable homes for local families."

Tim West, head of new business at Taylor French Developments, said: "We are delighted to be working on another affordable housing scheme with Jephson. We are committed to delivering a high quality, sustainable development that fits in seamlessly with the local vernacular, whilst providing much needed affordable accommodation."

Meanwhile, home-buyer demand in the South East rose at its fastest rate in a year last month, with buyers across the region looking to test the pre-Christmas market, according to the latest Royal Instituetion of Chartered Surveyors housing market survey.

Until last month, interest from would-be buyers had remained relatively subdued for some time. However, during October, south-eastern chartered surveyors reported an upturn in new buyer enquiries with a net balance of 12 per cent more respondents reporting rises (from six per cent), suggesting 'growing optimism in recent months may slowly be translating into a slight increase in activity'.

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# Man jailed after drugs fell out of his pocket

**BY LAUREN ARCHELL**
lauren.archell@lutononsunday.co.uk

**A DRUG dealer has been sentenced to six years in prison after being found guilty of dealing heroin and crack cocaine.**

Farhanul Islam, 32, from Cleves Road in Hemel Hempstead, was arrested by undercover officers on Friday, June 22, after being stopped in Bury Park.

As the officers began to speak with Islam they noticed a number of bags appearing on the floor close to his feet, and on closer inspection they found that they contained what appeared to be class A drugs.

Forensic analysis of the contents of the bags confirmed the substances were crack cocaine and heroin.

Islam was charged with two counts of possessing class A drugs with intent to supply and was found guilty by a jury on November 15.

He had previously been found guilty of similar charges and had been sentenced to 54 months imprisonment, and was only out on licence when he was arrested in June.

Speaking after hearing of the sentencing, Investigating Officer, Detective Constable Colin Knight, of South Bedfordshire's Serious Crime Investigation Team, said: "People who deal in drugs and those who take them have a devastating effect on crime in our county and leave a wake of victims in their path. Not only do the families of addicts suffer but the public are often targeted by individuals who commit robberies and burglaries to raise money to fund their habit.

"This case illustrates an excellent result of proactive policing and how stop and search methods can lead to the successful removal of criminals from our streets."

# Robbers knock out victim and steal his laptop

A MAN was left with a fractured jaw and three broken teeth in a fight which saw him knocked unconscious.

The 32-year-old was walking along Tenby Drive, Luton, last Sunday at around 3pm, when he noticed two men walking in the opposite direction to him.

The pair turned around and knocked him to the ground with such force that he was knocked unconscious and sustained cuts and bruising, as well as a fractured jaw.

When he regained consciousness he found that his laptop bag had been taken.

Anyone with information about this robbery can contact Detective Sergeant Simon Hancock, in confidence, on 01582 474387, or contact Bedfordshire Police on 101, or text information to 07786 200011, or call Crimestoppers on 0800 555 111.

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## Pupils' effort rewarded after return of the Wenlok Jug

STUDENTS who had made 'wanted' posters when they heard about the theft of the Wenlok Jug had a surprise visit from museum staff - who brought the recovered artefact to their school for them to see.

The group of Tennyson Road pupils, who are now studying at Barnfield College, had rallied around Stockwood Discovery Centre, Luton, after the theft of the historic jug, by each designing a poster that called for its return. Luton Culture said it wanted the pupils to have an opportunity to encounter the priceless artefact for themselves.

Caroline Frith, a manager at Luton Culture, said: "The posters from the pupils of Tennyson Road Primary meant a lot to the staff at Stockwood.

"They gave us hope that it could be recovered. As soon as it was returned, we couldn't wait to share the joy with the students who had rallied to make it happen."

# Roadworks finally coming to an end

BY LAUREN ARCHELL
lauren.archell@lutononsunday.co.uk

**THE first phase of a major roadwork project has come to an end.**

It is hoped that the changes, which are designed to increase traffic flowin Houghton Regis will bring about long-term improvements to an area that often becomes congested.

The works have included introducing a roundabout at the junction of Bedford Road and High Street, where there previously were traffic signals and improving kerbs, footpaths, draining and lighting.

Central Bedfordshire Councillor Brian Spurr said: "Roadworks can be disruptive, but we are investing in Houghton Regis for long-term improvements.

"The changes are designed to drastically improve travel in the area, but we do understand that the disruption is frustrating and that there have been initial problems due to traffic management systems - associated with the developer - which have caused heavy congestion.

"This was made worse by a high voltage fault which was out of our control and dealt with as an emergency by UK Power Networks."

In the next phase of works, which will begin in the new year, there will be raised tables added to the junctions of Tithe Farm Road and High Street, High Street and Bedford Road, Cemetery Road and High Street and the new entrance to Morrisons.

This will require periods of three way and two way traffic lights as well as some overnight closures.

These closures will be announced by Central Bedfordshire Council in the near future.

The remaining works are likely to take around a further four to six weeks once they have been restarted.

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## Barnfield College in line for campus redevelopment

BARNFIELD College has received almost £3,000 from the Skills Funding Agency to redevelop its site.

The project will see the demolition of areas of the New Bedford Road campus that are in poor condition.

It wll also see the construction of a space suitable to accommodate a creative arts programme.

The funding comes from the third phase of the Enhanced Renewal Grant which has contributed £330 million since May 2010.

Making the announcement at the Association of Colleges (AoC) Conference, Business Secretary Vince Cable said: "These projects will transform the learning environment for thousands of students across the country, providing them with state-of-the-art facilities and modern resources that will help them fulfil their potential.

"Addressing gaps in skills is an important part of our industrial strategy."

# Family's £1k bill for fake pet passport

BY LUI STRACCIA
lui.straccia@lutononsunday.co.uk

**A WARNING is going out to dog-lovers after a family was left with a large quarantine bill after buying a puppy with a fake pet passport.**

Tracey Hogarth, of Dunstable, bought Reggie, a Pug puppy, for £700 after seeing the dog advertised on the internet.

The puppy trader said that Reggie had been imported from Belarus, and the pet passport would be sent to her at a later date.

However, the document never arrived.

Central Bedfordshire Council's Trading Standards have since traced the passport and found it to be a fake.

Following this Reggie had to be taken into quarantine for five weeks to receive his rabies vaccination, at a cost of just under £1,000.

Ms Hogarth said: "This has been a very upsetting situation for my family.

"My four young children were especially upset to see their new pet taken away and it is also a lot of money to try and find, especially at this time of year with Christmas just round the corner.

"We are now looking to retrieve this money back from the trader."

Under strict import laws which aim to prevent Rabies from entering the country, all dogs brought into the UK from the EU and EU listed countries must have an EU pet passport and be fitted with a microchip so it can be properly identified. They must also have been vaccinated against rabies.

In most circumstances a puppy must be at least 12 weeks of age before the rabies vaccination can be given and a waiting period of 21 days after the first vaccination date must be allowed for, before entry into the UK.

In most cases the dog must also be treated for tapeworm.

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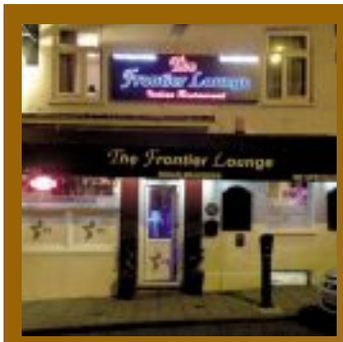

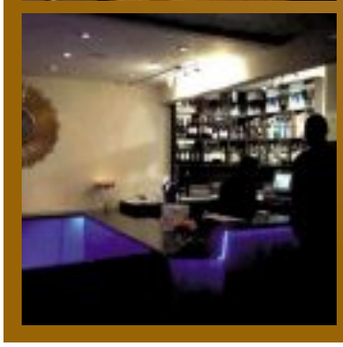

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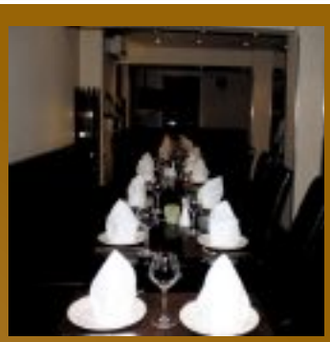

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**Mr Khan said: "It's good to see that the Luton team's hard work has been recognised and rewarded by our customers for providing them with a Stress Free Parking experience."**

# Cyclist has knife held to his throat

BY LAUREN ARCHELL
lauren.archell@lutononsunday.co.uk

**AN 18-year-old cylist was robbed of his mobile phone at knifepoint.**

The teenager was making his way along Clarkes Way in Houghton Regis, at 5.30pm on Tuesday, when a man stepped out in front of him.

The attacker, described as being white and in his late teens, then pulled out a six-inch kitchen knife and held it close to the cyclist's throat and demanded that he handed over his mobile phone.

He then walked away and the victim managed to raise the alarm.

Police officers attended the area to carry out a search but unfortunately the robber wasn't located.

Detectives are keen to hear from anyone who was in the area at the time and may have seen the man, who was around five feet five inches tall, of skinny build and with a short beard.

He was wearing a blue and grey hooded top with a rectangular pattern on it and grey jogging bottoms.

Investigating officer, Detective Constable Jabbar Khan, said: "This was a very scary attack on the victim who genuinely feared that the offender would cause him serious harm if he did not hand over his belongings.

"It is imperative that we locate this offender as quickly as possible to stop him from committing any further offences."

If you have information relating to this incident, contact DC Khan, in confidence, on 01582 394436, the non-emergency number 101, or text information to 07786 200011.

Alternatively contact independent charity Crimestoppers, anonymously, on 0800 555 111, or at www.crimestoppers-uk.org


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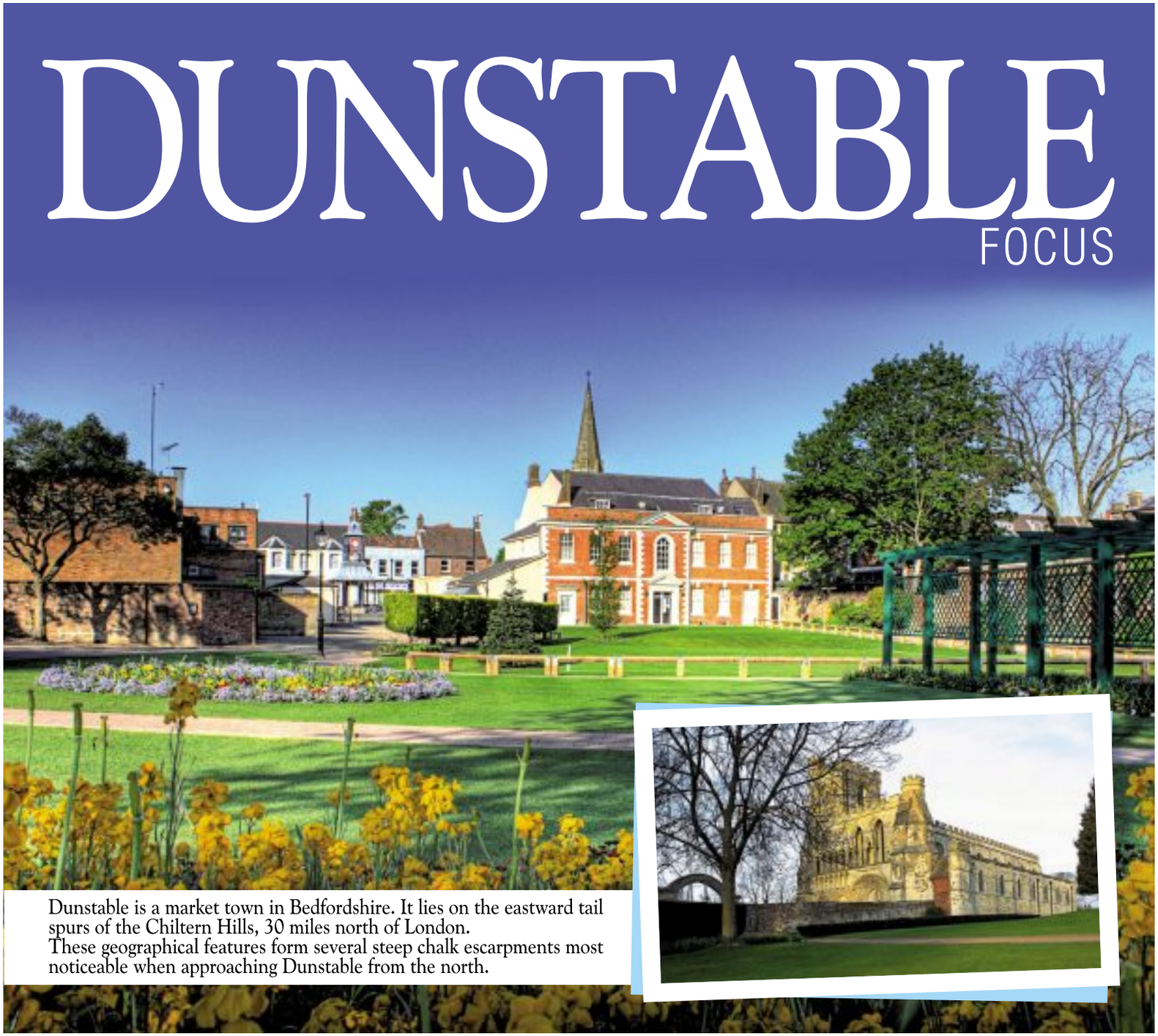

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# HISTORY

**The 19th century saw the straw hat making industry come to Luton and a subsequent decline in Dunstable, to be replaced in the early 20th century by the printing and motor vehicle industries with companies such as Waterlows and Vauxhall Motors respectively. But with the closure of the main factories and the decline of manufacturing in the area, this distinctiveness has been lost.**

Shops were concentrated along the main High Street (Watling Street) until in 1966 The Quadrant Shopping Centre opened, becoming the main retail centre of Dunstable. Additionally in 1985 the Eleanor's Cross retail area was developed to cater mainly for smaller independent shops.

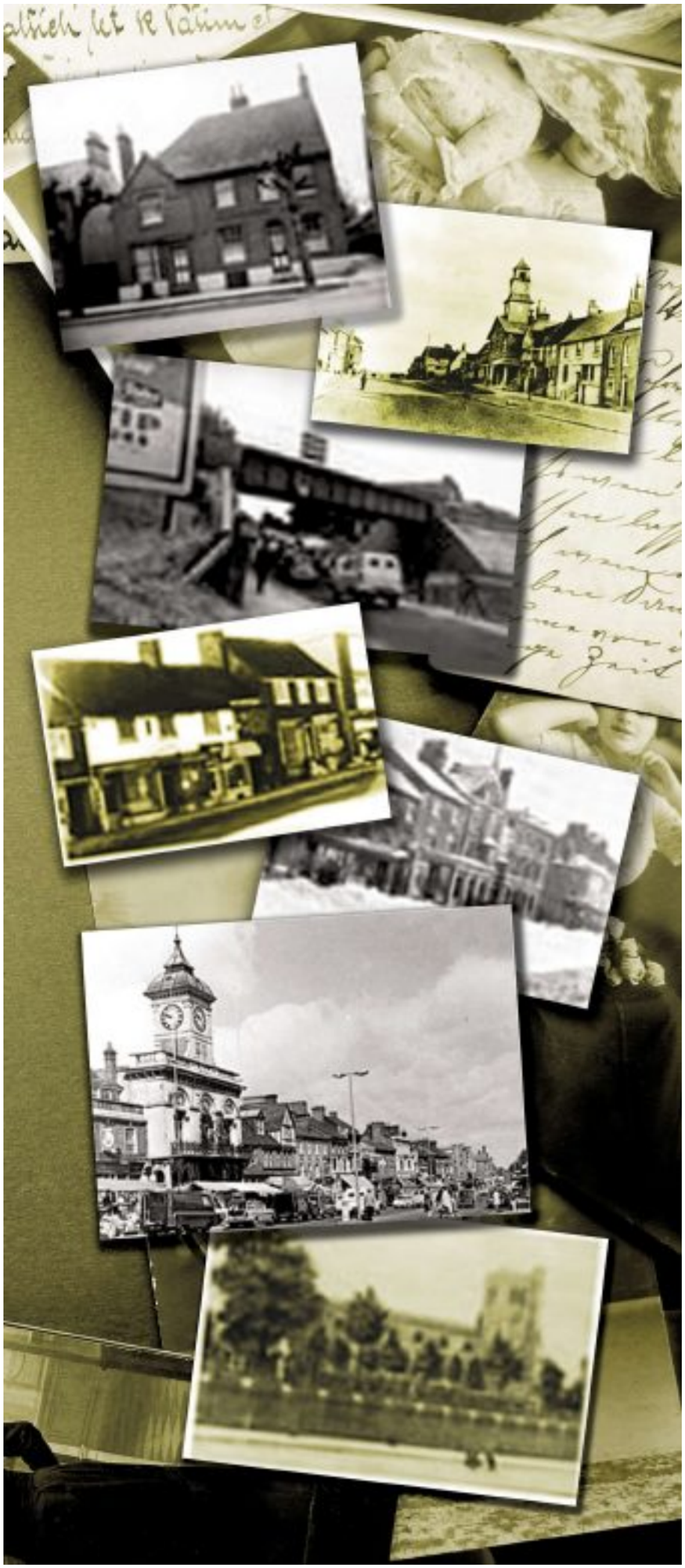
With the rise of out-of-town retail parks, as with many other market towns the town centre has suffered a decline in trade. Few original independent shops remain. Of the oldest Moore's Of Dunstable (opened in 1908) closed in 2008, leaving The Cottage Garden Flower Shop of Chiltern Road, established in 1898, as the oldest independent retail business still trading.

Since its opening in April 2007 the Grove Theatre has replaced the Queensway Hall as the town's premier arts centre, located within the council owned Grove House Gardens.

National and local productions take place regularly at this cornerstone of Dunstable's cultural exploits. Additional facilities include units fit for six bars or restaurants along with a 1,000 seated auditorium. (Currently a Wetherspoons entitled The Gary Cooper, an Italian, and a nightclub have opened.)

One of the town's little gems is that of the Little Theatre, home of the Dunstable Rep Theatre Group that also hosts dramatic performances throughout the year. The auditorium, once part of the Chews Trust was fully opened in 1964 by Bernard Bresslaw. It sits next to the historic Chews House on High Street South.

The town also has numerous amateur dramatics societies that perform several shows a year. These include 'The Square Drama Circle' and 'Dunstable Amateur Operatics Society'.



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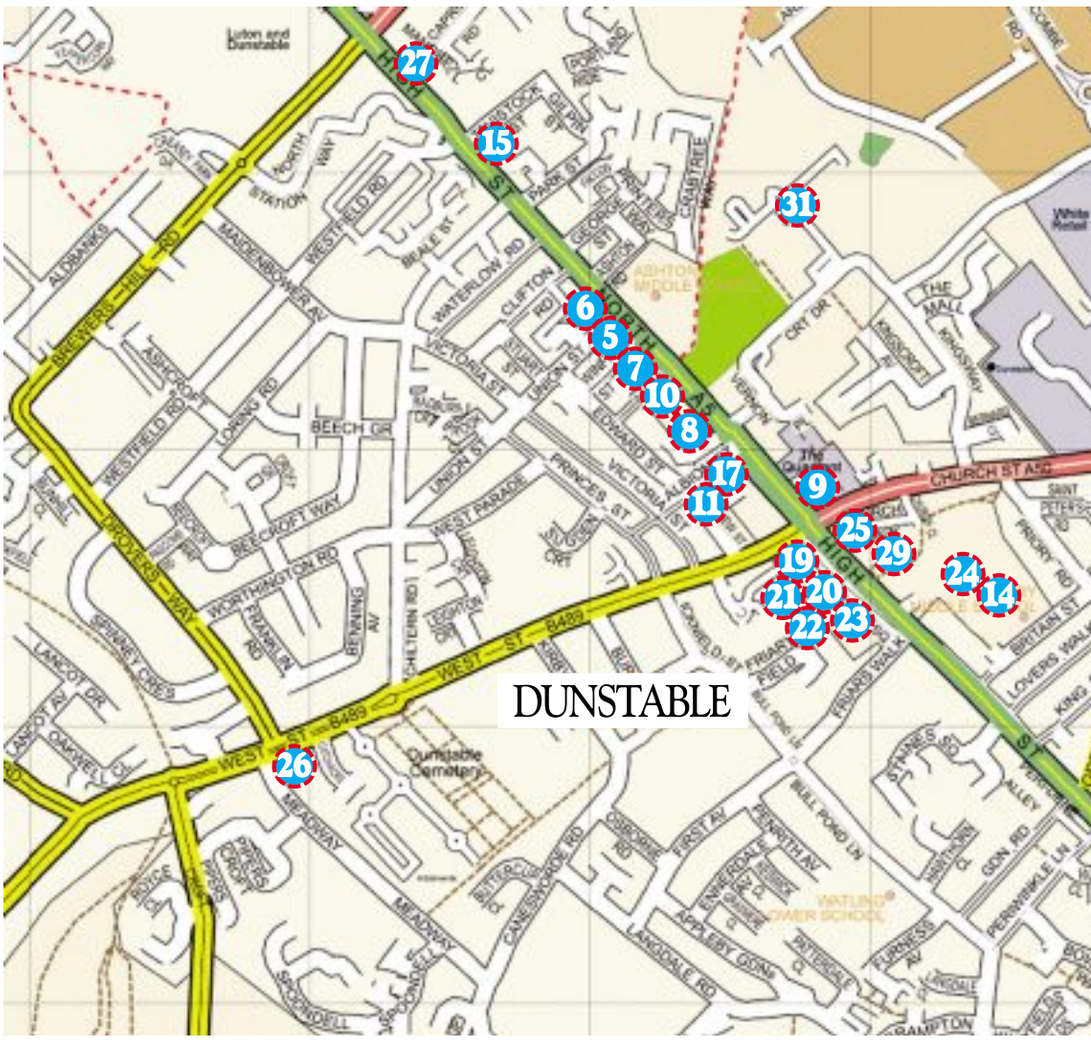


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# Dunstable Christmas Activities 2012

**Friday 30 November** Christmas Bazaar Ardley Hill Academy, Lowther Road, LU6 3NZ 6.00pm – 8.00pm

**Saturday 1 December** Christmas Fair Priory Church of St Peter 11.00am-2.00pm

**Saturday 1 December** Christmas Fayre Streetfield Middle School, Dunstable Road, Caddington, 11.00am-2.00pm

**Sunday 2 December** Service followed by advent lunch Edward Street United, Reform Church, Dunstable 10.30am

**Sunday 2 December** Christmas Fair Dunstable Icknield Lower School 12 Noon – 3.00pm

**Sunday 2 December** Salvation Army's Carol Service The Grove Theatre, Grove Park, Dunstable, 6.00pm £7.00 adult £4.00 children

**Sunday 2 December** Advent Carol Service Priory Church of St Peter 6.30pm

**Wednesday 5 December** Christmas Afternoon Tea Priory House Heritage and tourist information Centre, 33 High Street South, Dunstable, LU6 3RZ From 5 December onwards. Available Weds 1.00pm to 3.00pm, Thurs, Fri, Sat from 1.00pm to 8.00pm menu starting from £14.00 per person

**Wednesday 5 December** School Band Quadrant Shopping Centre 12 noon – 2.00pm

**Thursday 6 December** Houghton Regis Family of schools Christmas Concert All Saints Academy Houghton Road 10.00am

**Friday 7 December** Christmas Tree Carols and Torchlight Procession The Square, High Street South, Dunstable, 7.00pm

**Saturday 8 December** Christmas Craft Workshop Quadrant Shopping Centre 1.00pm-3.00pm

**Saturday 8 December** Dunstable Community Church Christmas Wrapping Service Quadrant Shopping Centre 10.00am onwards

**Saturday 8 December** Salvation Army Band Quadrant Shopping Centre

**Sunday 9 December** Christingle Service Priory Church of St Peter 9.15am

**Sunday 9 December** Gift Service Edward Street United Reform Church, Dunstable 10.30am

**Sunday 9 December** Christmas Light a Ukulele Special The Grove Theatre, Grove Park, Dunstable 10.30am

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Christmas at Priory House

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# looking forward to Christmas...

**Whether it's the highlight of your year or just a humbug, Christmas means something different to everybody. For some it's all about presents and partying, for others it's a quieter occasion; time to get together with family and friends to share in the joy of the season. We went out and about in Dunstable to find out how some of you celebrate the season of goodwill...**

## GILL SMITH

**Do you live in Dunstable?** No, but I come here to shop
**What is the best thing about Dunstable?** Cheap parking and a good range of food shops
**Where will you be spending Christmas this year?** At home with the family
**What is the present at the top of your Christmas list?** An E-reader
**If you have one Christmas wish, what would it be?** To have good health for the rest of my life

## ANNIE HARRIS

**Do you live in Dunstable?** Yes
**How long have you lived in Dunstable?** Around 13 years
**What is the best thing about Dunstable?** The people are very social and friendly
**Where will you be spending Christmas this year?** Hosting a buffet for all of my friends
**What is the present at the top of your Christmas list?** A letter from my children, who live in America
**If you have one Christmas wish, what would it be?** To win a few bob and help out all of my friends

## DAVE BENTLEY AND DAVE LANOUETTE

**Do you live in Dunstable?** Yes
**How long have you lived in Dunstable?** 67 years
**What is the best thing about Dunstable?** Being so close to the countryside and nice scenery
**Where will you be spending Christmas this year?** At home with family
**What is the present at the top of your Christmas list?** To spend quality time with our sons and daughters
**If you have one Christmas wish, what would it be?** For everyone to have health and happiness

## SHANE STAPLES

**Do you live in Dunstable?** Yes
**How long have you lived in Dunstable?** 20 years
**What is the best thing about Dunstable?** The improved market and Priory House
**Where will you be spending Christmas this year?** At home with family
**What is the present at the top of your Christmas list?** A winning lottery ticket –but just one because I'm not greedy!
**If you have one Christmas wish, what would it be?** To be happy spending time together as a family

## MEL O'SHEA AND CLAIRE CROUCHMAN

**Do you live in Dunstable?** Yes
**How long have you lived in Dunstable?** 13 years
**What is the best thing about Dunstable?** Lots of up and coming shops
**Where will you be spending Christmas this year?** With our friends and family having a nice roast
**What is the present at the top of your Christmas list?** Clothes and jewellery
**If you have one Christmas wish, what would it be?** World peace!

## ELAINE SULLIVAN-CHILD AND ANGIE ATKINS

**Do you live in Dunstable?** No, but we work here
**How long have you worked in Dunstable?** Around 17 years
**What is the best thing about Dunstable?** Lots of lovely places to eat out
**Where will you be spending Christmas this year?** Together!
**What is the present at the top of your Christmas list?** A Kindle and a diamond necklace
**If you have one Christmas wish, what would it be?** To have a happy and healthy 2013

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# Dunstable Support and Information Organisations

**Longlivedunstable.com (Don't Let Dunstable Die) is an extremely informative website run by volunteers to help the residents of Dunstable. Luton on Sunday recently met with the organisers of the Long Live Dunstable Campaign, and here's what they had to say.**

## HOW IT ALL STARTED.

You know when you walk around your hometown and you do not really see it how it is? Well one Saturday a friend who had grown up in Dunstable came to visit. We went down the town and were in the Quadrant when she said: "Oh my word, everything has shut down." I then looked around and for the first time saw my hometown through her eyes and I can only say I was ashamed and angry, but like usual I put it to one side and carried on. But that was all about to change. It all started really with a brief encounter in Barclays bank in Dunstable back in 2009. Both Sharon and I had gone to school together in the 1970s, and we had hardly ever seen each other since. We started talking about how things had changed in Dunstable and how we would like to see it back to how it was. Sharon told me that there was a council meeting coming up and that we should attend.

The meeting was held to inform the public of the Master Plan. After listening to the plan we were asked if anyone had any questions (not a good idea). My question was could they please tell me what town of a similar size to Dunstable had the consultancy company worked on before? The answer was that they did not have that information to hand. I asked again only to be told Manchester. Well that was when Don't Let Dunstable Die started. Beverly Wayman was also at this meeting and she decided to come and join us.

We had no idea what we would do but we knew we had to do something. A meeting between Sharon, Bev, my husband andmyself was planned as we needed to set out our objectives, aims and name and how we would get the community involved.

The name came from my husband and Facebook followed. Being ladies of a certain age we were not so good with this new technology but within weeks we had more than 1,000 people on the page and growing daily. To date we have more than 5,300. We were approached by many people offering support and it was not long before we had our own webpage again being supported and run by a friend Nigel. Growing daily, we had to increase our outage to cover the hits. We had regular slots on local radio and were approached by the Inside Out programme to cover our campaign and when the programme went out we had a 20 minute slot.

**For more info visit www.longlivedunstable.com**

## NEXT YEAR...

**Next year sees Dunstable celebrating the 800th Anniversary of the Dedication of the Priory, and the Medieval History of Dunstable.**
For further information on the history of Dunstable including timelines and photo galleries, visit www.medievaldunstable.co.uk or www.dunstablehistory.co.uk

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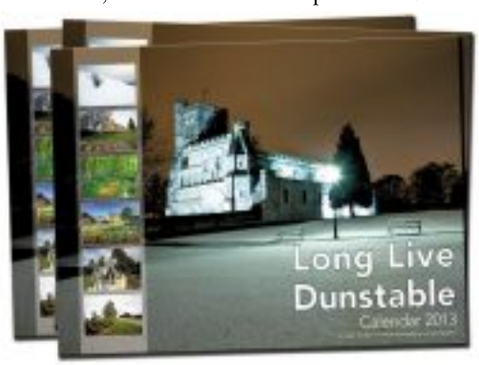
It has some wonderful photos of Dunstable & surrounding area taken by some wonderful local photographers.
The 2013 calendar includes an extra month, January 2014, so 13 months for the price of 12!


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Beckys Boutique in Ashton Square
The Cake House in Ashton Square
Clowns in High St North
Thompson's News and Food in Chiltern Road
Edlesborough Post Office
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onpage34

# leisurenow

# Popular ballet company brings Swan Lake to town

## BALLET

**SWAN LAKE**
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Tuesday, 7.30pm

EXPERIENCE the magic of Swan Lake as the Russian State Ballet and Opera House brings the delightful, classic ballet to Dunstable.

Pyotr I Tchaikovsky's classic, composed between 1875 and 1876, will be sure to enchant audiences as it remains one of the most well known and loved ballets of all time.

First performed at Moscow's Bolshoi Theatre in 1877 as The Lake of Swans, the performance tells the story of Odette, a young princess who is turned into a swan by an evil sorcerer and can only be saved by her prince's everlasting love and eternal devotion, overcoming the forces conspiring to deceive and separate them.

The world famous Russian State Ballet and Opera Theatre of Komi has delighted audiences since 1958. They are renowned for their ballet and opera masterpieces. The Russian State Ballet and Opera House have ensured that this classic ballet remains just as spell bounding as it was when it was composed over 130 years ago.

Today Swan Lake continues to capture the imagination of its audience and this performance, which features beautiful costumes, a fantastic set and 45 skilled dancers, will inspire both young and old with its love story.

Alexej Ignatow, the producer for Amande Concerts, said: "We take pride in introducing new Ballet companies and thoroughly enjoy bringing them to perform to audiences across the UK. This will remain a big part of our strategy for years to come, setting us apart from others.

"When you see the Russian State Ballet and Opera House logo, you can be sure of the quality of our productions.

"We endeavor to bring different artists every year.

"This means that although you may have seen Swan Lake one year, our performance the following year will contain different sets, costumes and choreography.

"It will feel like a different show altogether."

Tickets cost £22, and £20 for concessions and can be bought by calling the box office on 01582 602080, or book online at www.grovetheatre.co.uk

# Star rejoins band for folk music special

## MUSIC

**JUNE TABOR & OYSTERBAND**
**The Alban Arena, St Albans**
Thursday. 8pm

BRING together the immense, individual talent of a sublime English singer and a raucous rebel folk band and you get June Tabor & Oysterband in their live show.

June Tabor is a folk singer, a compelling storyteller and an interpreter of often bleak and tragic songs.

Having begun her singing career in the 1960s, and releasing 19 solo albums, she stopped performing professionally and instead started working as a librarian.

Having returned to music in the 1990s she teamed up with Oysterband to create Freedom And Rain (Cooking Vinyl), which remains one of the finest collaborative albums of the past three decades.

Oysterband, who formed in 1976 are a five-piece musical outfit that use traditional instruments and have created 22 studio albums.

When the band and Tabor reunited last year to perform at Roots Magazine's 30th birthday party at The Roundhouse, they felt the chemistry spark again.

Twenty-one years on, they've made the brand new Ragged Kingdom, a brilliant, belated follow-up that mixes the traditional with the contemporary in startling fashion.

Earlier this year, June Tabor and Oysterband won Best Traditional Song, Best Album and Best Group at the BBC Radio 2 Folk Awards for Ragged Kingdom, with Tabor also winning Folk Singer of the Year.

This is a very special concert, that matches a fantastic vocal talent against a band with a similar range, and roots in the folk scene to create something new, fresh and enduring.

Tickets for the event will cost £20.

You can book your tickets by calling the Alban Arena box office on 01727 844488. Alternatively, you can book online by visiting www.alban-arena.co.uk

**To advertise in these leisure pages call 01582 700800 or email advertising@lutononsunday.co.uk**

# Classic best-sellers feature in library's 'guilty pleasure' celebration events

**BOOKS**

**BETWEEN THE SHEETS**
**Luton Central Library**
Throughout December

LUTON Central Library is hosting a month long celebration of erotic fiction.

The list of events are packed with a collection of 30 classic erotic novels, eighties 'bonkbusters' and modern day best-sellers.

All those who found that Fifty Shades of Grey left them wanting a more exciting read can pick up a booklist from the library.

With older works as well as brand new novels available, the promotion includes everything from 80s raunchiness, such as Lace by Shirley Conran, to the bawdy Victorian humour of Fanny Hill by John Cleland.

Appealing to a variety of tastes, every curious reader will find something in the booklist for them, whether they found Jilly Cooper's Riders a guilty pleasure, or never got round to reading Nancy Friday's My Secret Garden.

The promotion at the town centre library is part of a national initiative created by Stellar Libraries in response to the recent popularity of Fifty Shades of Grey, a book which went on toe become a best-seller, and aims to encourage people to read more widely.

Fiona Marriott, Adult Services Manager at Luton Culture said: "There is a growing demand for erotic fiction titles, and it's vital that libraries respond to this."

The promotion runs for the next four weeks, and readers can join in discussion on the Luton Libraries Facebook page.

# Top comedians join forces to create hilarious music spectacle

**MUSIC**

**THE IDIOT B******D BAND**
**The Alban Arena, St Albans**
Friday, 8pm

**WHAT once started as a hobby is now fully-fledged comedy genius in its own right.**

Consisting of Ade Edmondson (Young Ones, Comic Strip, Bottom) on guitar, banjo, trumpet, mandolin, fiddle, coconuts; Neil Innes (Bonzo Dog Doo Dah Band, Monty Python, Innes Book Of Records) on keyboard, guitar and ukulele; Phill Jupitus (Never Mind The Buzzcocks, Q1, Radio 6 DJ) on guitar, bass and triangle and Rowland Rivron (Raw Sex and Jools Holland Big Band) on drums, congas, and rude shouting, the group are dedicted to producing wonderful comic songs.

During the winter of 2010 they held a raucous eight week residency at The Wilmington Arms in Clerkenwell. Famously advertised as 'Live Rehearsals', the shows were a mixture of excitement and catastrophe, fabulously warm, and hilarious. They have done something similar this year at where they found that actually, they weren't half bad… so they've booked a few more shows.

Tickets cost 22.50 and can be booked by calling the box office on 01727 844488.

# The Spirit of Motown lives on in famous production

**MUSIC**

**MAGIC OF MOTOWN**
**Grove Theatre, Dunstable**
Friday, 8pm

AIN'T no mountain high, ain't no valley low, ain't no river wide enough – to keep The Magic of Motown concert show from getting to UK music lovers in 2012.

The non-stop spectacular features 36 massive chart-toppers from The Supremes, Temptations, Four Tops, Jackson 5, Stevie Wonder, Marvin Gaye, Martha Reeves and more.

An all-star cast, a talented live band that faithfully reproduces Motown's original Detroit sound, 16 sparkling costume changes and tightly choreographed dance routines.

Show producer Michael Taylor said: "This year is a very special one as far as Motown is concerned.

"It marks 50 years of number one hits from the world's favourite record label."

Tickets cost £24 and £21.50 for concessions, and can be booked by calling 01582 602080.


TRAVEL OFFERS

onsunday LUTON/DUNSTABLE

## Fantastic Value Holidays

Newmarket Holidays

### André Rieu & The Johann Strauss Orchestra

**In concert on the Vrijthof Square, Maastricht - 12 July 2013**

Join André Rieu & The Johann Strauss Orchestra in a spectacular concert in his hometown of Maastricht in The Netherlands. You will also visit Bruges en route home.

**Price includes**
- Return coach & channel crossing
- Two nights' at a good quality standard hotel within 90 minutes of the venue
- Continental breakfasts
- A ticket for André Rieu in concert (upgrades available at a supplement)
- Return hotel-venue transfers
- Visits to Maastricht & Bruges
- Tour manager services

### London's Cable Car & the Cutty Sark

**Departs 14 July 2013**

Don't miss this wonderful maritime break to the Capital! Avoiding the weekend crowds, experience London's Olympic cable car and "fly" across the River Thames enjoying spectacular views across London. You'll also enjoy a visit to the recently restored Cutty Sark.

**Price includes**
- Return coach travel
- One night's bed and continental breakfast accommodation in a comfortable hotel in the Docklands area
- A short walking tour of the Royal Docks
- A 'flight' on the London Emirate's Air Line cable car
- A visit with entrance to the Cutty Sark
- A panoramic tour of London
- The services of a Tour Manager

### Monet's Garden, Rouen & Paris

A visit to French Impressionist Claude Monet's former house and beautiful gardens in the charming village of Giverny, is the highlight of this great-value weekend. The house is now a museum where reproductions of the artist's paintings are displayed. You'll also spend time in Paris and visit the beautiful city of Rouen.

**Departs 3 May, 26 Jul & 4 Oct 2013** — **4 days from £175.00**

### The 18th National Television Awards

This is TV's biggest night of the year and you could be there! Join stars from the nation's most popular TV shows and enjoy the glamour and excitement of this special awards evening.

**Departs 23 January 2013** — **2 days from £129.00**

### Rails, Peaks and Fells

Travel on Britain's most outstanding scenic line – the famous "Long Drag" from Settle to Carlisle, and enjoy the romance and nostalgia of bygone days with a trip on the Severn Valley Steam Railway.

**Departs 3 May, 21 Jun & 20 Sep 2013** — **3 days from £179.00**

### York, Whitby & Scarborough

Stay in popular Scarborough on Yorkshire's glorious coastline and enjoy two full day included excursions!

**Departs 22 April 2013** — **5 days from £229.00**

**For your FREE brochures, complete coupon & send to:** Newmarket Promotions Ltd, **FREEPOST KT2720**, Worcester Park, KT4 8BR (NO STAMP REQUIRED) **BOS**

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ABTA The Travel Association

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**Friday 30th November 4pm-8pm**
**Saturday 1st December 9am-5pm**
**Sunday 2nd December 9am-12noon**

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luton art '12

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Open to everyone of any age from Bedfordshire, Hertfordshire and Buckinghamshire. There is no theme, but artists have the opportunity to use a variety of mediums to create their work of art. All short-listed entries will be exhibited at Wardown Park Museum.

**Application Forms:**
Available on www.wardownparkmuseum.com, or visit the museum.
**Submission Dates:**
Friday 30 November – Sunday 2 December 2012.

**Wardown Park Museum**
Old Bedford Road,
Luton LU2 7HA
Tel: 01582 546722
**www.wardownparkmuseum.com**

Wardown Park Museum

Arts Libraries & Museums
Luton Culture

# announcements

view the guest books at: www.luton-dunstable.co.uk/announcements

## Birthdays

**60 YEARS YOUNG TODAY!**
**Dave Mecham**

Have a lovely day, all my love, Les xx

Lots of love Mum xx

To our great Dad and fantastic Grandad love David, Zoe, Isobel, Poppy, Jen, Dean, Sophie & Leo
xxxxxxxx

& Sasha xxx

**GREG COX**

Congratulations on your **60th** Today.

*Love from The Gang xx*

HAPPY BIRTHDAY 60th

**GREG COX**
**is 60 Today!**
Happy Birthday Darling
*All my love Sandra xxx*

**ANNINA CAPARCO**

Happy 5th Birthday "School Girl"

Lots of Love

Mummy, Daddy, Fernando

& all the Family.

Happy 21st Birthday
**CHOOCH!**
Lots of Love
Mum, Dad, Roshan & Family
x

## In Memoriam

**PICKTHALL** May 26/11/10. In loving memory of a dear Mum, Mum-in-law & Nan. Never more than a thought away. Pearl, Richard, Dawn, Bill, Grandchildren & Great Grandchildren.

**EVANS** Pam Fell asleep 29th November 1996. The best Mum, Nan and Granny ever. We miss you Mum. We love you. Take care of Dad. All our love Sue, Dave, Ivor and Families xxx

**HILLYARD** Terry 25th November 2007. Down memory lane I walk alone, wishing you could come back home. Miss you so much "Tel" Love always. Edna.

## In Memoriam

In Memoriam
**FRANCES IMPEY**
**12th July 1960 - 28th November 2009**

*Your life was a blessing,*
*Your memory a treasure,*
*You are loved beyond words,*
*And missed beyond measure.*

Much Love
Mum, Dad, Sean & all the family
xx

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Boxing Day bookings now being taken
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Modern semi detached house located in a cul de sac location within Barton Hills. There is a nice garden and garage with driveway to the side CALL NOW TO VIEW

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### SOUTH LUTON

**Price £119,995**

Fantastic first time buy/ Investment opportunity for this two bedroom mid terrace with Luton town centre and Luton Train station within walking distance also offered with no upper chain!

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- 2 Reception Rooms
- Garden

### LUTON TOWN CENTRE

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- 1 Bathrooms
- 1 Reception Rooms
- Communal garden

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- Garden
- 1 off road parking

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## MENDIP WAY, SUNDON PARK, LUTON — £185,000

Major Move are pleased to offer for sale this 3 bedroom, extended, semi detached property. The property briefly comprises of seperate reception rooms, a 17'5ft kitchen, utility/office room, cloakroom, family bathroom. It benefits from a garage, off road parking, double glazing throughout and gas central heating. No Upper Chain.

## EMERALD ROAD, L & D BORDERS, LUTON — £180,000

Major Move are delighted to offer for sale this well presented 2 double bedroom bungalow located within the L&D Borders. The property briefly comprises of a lounge/diner, kitchen and bathroom. It benefits from off road parking, double glazing throughout and gas central heating. Internal viewing is recommended.

## ST. LAWRENCE AVENUE, SAINTS, LUTON — £193,000

Major Move are delighted to offer for sale this deceptively spacious 3 bedroom end of terrace property in the Saints area. It briefly comprises of a lounge, a 22" kitchen, 22" diner/ family room, conservatory, and benefits from a detatched garage with off road parking.

## AUSTIN ROAD, ICKNIELD CATCHMENT, LUTON — £210,000

Major Move are pleased to offer this 3 bedroom semi-detached property located in the sought after Icknield catchment area. The property briefly comprises of 2 separate reception rooms, kitchen, bathroom along with 2 doubles and a single bedroom. It benefits from gas central heating, double glazing throughout, off road parking and a detached garage. The property can be extended (STPP) and is being sold with NO UPPER CHAIN!

## ALTHORP ROAD, BISCOT, LUTON — £90,000

Major Move are pleased to offer this 2 Bedroom mid terrace property situated in the sought after Biscot area. It briefly comprises of 2 reception rooms, kitchen, bathroom and 2 double bedrooms. Benefits include, double glazed (where stated), 2 gas fire places and no upper chain.

## MILVERTON GREEN, BRAMINGHAM — £275,000

Major Move are delighted to offer for sale this extended 4 double bedroom detached property with detached double garage. The property offers superb living space and compromises of a lounge, family room, kitchen/diner, utility room, separate shower room and bathroom. Internal viewing is a must!

## DEWSBURY ROAD, RUNFOLD — £90,000

Major Move are pleased to offer this 1 bedroom, ground floor flat in the well sought Runfold area. It briefly comprises of a lounge/diner, kitchen and bathroom. It benefits from gas central heating, double glazed throughout, off road parking and no upper chain. Internal viewing is strongly recommended.

## DORDONS ROAD, LEAGRAVE, LUTON — £165,000

Major Move are happy to offer for sale this fully refurbished 3 bedroom semi detatched property, situated within walking distance of Leagrave train station and amenities. It comprises of a refitted kitchen and bathroom, 3 double bedrooms and lounge/diner. Internal viewing is strongly recommended. No Upper Chain.

## LIMBURY MEAD — OFFERS IN EXCESS OF £237,000

Major Move are thrilled to market this corner plot, 2 bedroom bungalow situated in the Limbury Mead area of Luton. This property comprises of a seperate lounge, diner, kitchen, off road parking and garage. NO UPPER CHAIN.

Potential to extend may be considered, subject to planning permission.

## ICKNIELD WAY, LUTON. — GUIDE PRICE £199,950

We are pleased to offer this three bedroom detached bungalow situated in the well sought Limbury Mead area. It briefly comprises of a Lounge, en-suite shower room and kitchen/dining area. It benefits from a single garage with extended driveway for up to four vehicles. Very large rear garden - potential development for investors.

## CANBERRA GARDENS, LIMBURY — £165,000

Major Move are pleased to offer this 2 bedroom chalet style bungalow situated in a quiet residential area. The property briefly comprises of separate reception rooms, conservatory, bathroom and kitchen. Benefits include double glazing, gas central heating and garage with off road parking.

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**South Luton £650**

Modernised 2 bed terrace 2 recs Basement Gas c/h Dble Glazed

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**South Luton £625**

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**Investment £70,000**

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**Farley Hill £164,950**

3 bed semi 2 Receptions Modernised kitchen Shower room Gas c/h Double glaz. Parking for several cars

**Warden Hills £399,950**

Stunning 5 bed Extended det. ap 23' x 21' lounge ap 17' 10" x 12' dining room 2 en-suites Family bathroom 2 cloakrooms Outstanding 23' kitchen Utility room Ap 17'6" x 12' master bed Balcony overlooking landscaped garden Dble Garage

**Poets Area £229,950**

extended much improved 3 bed bungalow • hall • 21 2 lounge • open plan refitted kitchen and dining room • sun lounge • modernised fully tiled bathroom • gas ch • upvc dble glaz. • waste disposal unit • wardrobes • garage (currently used as an office)

**Round Green £174,950**

3 beds 2 recs, Refitted kitchen Fully tiled new bathroom with under tile heating Gas c/h D/glazed Large garden with garage space (sub to p.p.) Forecourt parking for 2 cars

**Poets Area £154,995**

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**Barton Hills £224,950**

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**Luton Town Centre £625 pcm**
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- 1 Bathroom
- Garage
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**Dunstable, Highfield Close £675 pcm**
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**Warden Hill, Glenfeild Road £1,200 pcm**
- Semi-Detached
- Four Bedroom
- One Reception Room
- One Bathroom
- Kitchen With White Goods Provided
- Double Glazing
- Drive Way
- Garden
- Garage
- Unfurnished

**Limbury, Kingsley Road £525 pcm**
- Flat
- One Bedroom
- One Reception Room
- Kitchen With White Goods Provided
- Double Glazing
- Driveway
- Garden

**Town Centre £600 pcm**
- Flat
- Two Bedroom
- One Reception Room
- One Bathroom
- Kitchen With White Goods Provided

**Town Centre**
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**South Luton Lu1** £475 pcm

- One Bedroom
- Ground Floor
- Water Bill Included
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- Close To Town
- Refurbished
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- Available Now

**New Bedford Roadv Lu3** £525 pcm

- One Bedroom
- First Floor Flat
- Refitted Kitchen
- Gas Central Heating
- Allocated Parking Space
- 1.5 Months Deposit
- Furnished
- Available 26th November

**Dunstable** £550 pcm

- Avaliable Now
- Unfurnished
- Good Size
- Close To Local Ameneties
- Double Glazing
- No White Goods
- Apartment
- Three Bedroom

**Simpson Close Lu4** £550 pcm

- One Bedroom Apartment
- Part Furnished
- Kitchen Appliances
- Private Parking
- Modern Building
- Secure Entry
- Excellent Decor
- Available 12th December.

**Leagrave** £550 pcm

- 1 Bedroom Apartment
- Lovely Location
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- Parking
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- Communal Garden
- Unfurnished
- Available Soon

**Marsh Road Lu3** £550 pcm

- One Bedroom Apartment
- Unfurnished
- Ground Floor
- Gas Central Heating
- Modern Kitchen/Bathroom
- Parking
- Laminate Flooring
- Available Soon

**Dunstable** £575 pcm

- Avaliable Now
- Unfurnished
- Close To Town And M1
- Gas Heating
- Good Size
- Double Glazing
- Apartment
- Two Bedroom

**Hewlett Road Lu3** £605 pcm

- Two Bed Floor Flat
- Unfurnished
- Close To Local Shops
- Two Allocated Parking Sp.
- Bathroom With Shower
- 1.5 Months Deposit
- Close To Leagrave Station
- Available Now

**Dunstable** £650 pcm

- Avaliable Now
- Unfurnished
- Basement
- Close To Town Centre
- Double Glazing
- Gas To Radiator Heating
- Ground Floor
- Two Bedrooms

**Farley Hill Lu1** £660 pcm

- Two Bedrooms
- Second Floor Flat
- Parking Available
- Double Glazed
- Refurbished
- Clsoe To Local Shops
- Unfurnished
- Available Now

**Dunstable** £675 pcm

- Available Beg Nov
- Unfurnished
- Close To A5
- En Suite Onto Master
- Allocated Parking
- Video Entry Phone System
- First Floor Apartment
- Two Double Bedrooms

**Dunstable** £675 pcm

- Available Now
- Part Furnished
- Gas Central Heating
- Double Glazed
- Quiet Location
- Garage & Drive
- Two Bedroom
- Bungalow

**St Saviours Crescent L** £695 pcm

- 2 Bedroom Apartment
- Unfurnished
- Allocated Parking Space
- Cas Central Heating
- Double Glazing
- Secure Communal Entrace
- Communal Patio Area
- Available Now

**Chalton Village** £700 pcm

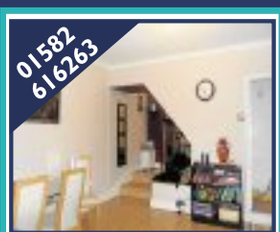
- Available Mid December
- Cottage
- Village Location
- Water & Wi Fi Included
- Secondry Glazing
- Close To M1
- Fully Furnished
- One Bedroom

**Dunstable** £750 pcm

- Available Beg December
- Unfurnished
- Close To A5
- Good Size
- Double Glazing
- Gas Central Heating
- Terrace House
- Three Bedroom

**Dunstable** £795 pcm

- Available End November
- Unfurnished
- Large Living Area
- Double Glazed
- Gas Central Heating
- Close To Town Centre
- End Of Terraced
- Three Bedroom




**Russell Rise Lu1** £850 pcm

- Three Bedroom House
- Part Furnished/Furnished
- Rear Garden
- Modern Decor
- Double Glazing
- Gas Central Heating
- Short Distance To Town
- Available 20th November

**Houghton Regis** £900 pcm

- Available Beginning Jan
- Part Furnished
- Quiet Location
- Garage / Driveway
- Gas Heating
- Conservatory
- Link Detached House
- Four Bedroom

**Old Bedford Road Lu2** £900 pcm

- Extended Three Bedroom
- Detached House
- Lovely Location
- Large Living Room
- Front & Rear Gardens
- Garage & Driveway
- Unfurnished
- Available Now

**Milligan Close Lu4** £900 pcm

- Three Bedroom Hosue
- Unfurnished
- Lounge / Diner
- Double Glazing
- Gas Central Heating
- Garage
- Easy Access To M1 J11
- Available 22nd December

**Luton Office**
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JORDANS Mill

This stunning development at Jordans Mill, just outside Biggleswade, will be opening in March 2013. Jordans Mill will incorporate a 150 cover Riverside Café; Retail Shop; Meeting & Function Rooms; Mill and Wildflower Gardens. We now need to recruit for the following key Management positions;

### Head Chef

We are looking for a 'foodie' to build and lead a team to deliver a fresh, exciting and healthy menu. You will be responsible for recruitment & training, menu planning, control, H&S and to deliver the agreed GP. Passionate about what you do? Looking for your next challenge ? Working an average 5 days from 7.

*Salary range; £25 - £30k*

### Assistant Manager

This may be your chance to 'step up' and prove your talent, or, for you to bring with you some great experience that will help us through our launch and beyond. We are looking for a skilled, energetic and independent leader. Responsible for building a first class FOH team, control of F&B through working with the Head Chef and GM.

*Salary range; £15 - £20k*

In the first instance applicants should send a covering letter together with a current CV to;

**Gordon Lennox**
*General Manager*

Jordans Mill
Langford Road
Broom
Nr Biggleswade
Bedfordshire
SG18 9JY

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## Work with children, make a difference

PRE SCHOOL LEARNING ALLIANCE

The Pre-School Learning Alliance, a major educational charity with 50 years experience in the field of pre-school education and a significant provider of vocational training for pre-school staff, is seeking to fill the following vacancy in Luton:

**SUNDON STARS PRE-SCHOOL** Cranbrook Drive, Luton

**Pre-school/Out of School Services Manager** **Ref: PSM-11-SSPS**

**Term time only, 40 hrs per week, annual salary £17,870 - £19,000, NJC points 22-24**

Level 3 qualified or above, with proven post qualification experience of managing staff. We are looking for an inspirational, highly motivated enthusiastic manager to work in our pre-school, located in a new purpose built facility adjacent to Cheyres Infant School. You will be committed to helping children succeed, and ensuring that young children and their families have the best start in life.

**For an application pack please Tel: 01525 715248 or Email office@bedspsla.org**

**Closing date for completed applications: by 12 noon, Friday 7th December 2012**

**Interviews w/c: 10th December 2012**

The Charity is committed to safeguarding and promoting the welfare of children and equal opportunities in employment. This post is exempt from the Rehabilitation of Offenders Act (1974) and may require criminal records checks. Applicants must be prepared to disclose any convictions they may have and any orders which have been made against them.

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Barnfield is a Beacon College. The Barnfield Federation is an Investor in People (Gold) Champion. The Federation consists of Barnfield College, South and West Academies, Skills Academy, Barnfield Moorlands Free School and Barnfield Vale Academy. The Federation is expanding further with three other academy schools planned for 2012/13. If you like working in a dynamic, forward-thinking organisation why not join our outstanding and innovative team so that we continue to set the standard.

Barnfield West Academy

# Psychology Teacher

## Barnfield West Academy, Luton

**Hours:** Part-time, 3 days a week
**Salary:** MPS/UPS
**Closing Date:** 12pm, Monday 3rd December 2012
**Start Date:** ASAP

Barnfield West Academy is looking for a Psychology Classroom Teacher. The main purpose of this post is to develop, plan and deliver effective and high quality learning experiences for all students. The successful candidate would also be required to liaise with colleagues to support strategic development, share good practice and plan collaborative activities.

Applicants must be experienced professionals who are energetic, innovative and influential, reliable, committed to working as part of a team. They must be highly motivated, respond well to a challenge and have excellent communication skills.

CVs will not be accepted for posts within the Academy.

For further information please contact Human Resources on **01582 569 767** or email **recruitment@barnfield.ac.uk**

Please visit **www.west.barnfield.ac.uk/vacancies.aspx** to download the application pack.

Barnfield is an equal opportunities employer. We are committed to safeguarding. Enhanced CRB disclosure required.

**www.barnfield.ac.uk**

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## DALLOW PRIMARY SCHOOL

**Dallow Road**
**Luton LU1 1LZ**
**Tel: 01582 616601**
**Fax: 01582 616602**
**Email: Dallow.primary.admin@luton.gov.uk**
**Headteacher : Linda Nouch**

Dallow Primary School is a welcoming place where both pupils and staff enjoy being. As a school we believe that learning should be exciting and enjoyable.

We are a school in Special Measures but we are making rapid changes that are having a positive impact. We need to appoint inspirational staff who can play a role in transforming our school and making a difference to the lives of our children.

This is an exciting opportunity and we are looking for exceptional candidates to fill the following posts:

**For January 2013:** an excellent and highly motivated **Year 2 Class Teacher. This post is temporary for one term only in the first instance.**

**For January 2013:** an outstanding committed and professional Specialist Teaching Assistant for PE and Sport. This post is for 28 hours a week, term time only and offered at an annual salary of £15,147 to £17,170

**For April 2013 or sooner:** an inspiring **Year Leader** who can raise attainment across Year 2. This post attracts a TLR2a allowance and a recruitment allowance of £2000 payable for two years.

If you wish to discuss any of the above posts please contact **Linda Nouch, Headteacher** on 01582 616601 or email dallow.primary.admin@luton.gov.uk

Visits to the school are warmly welcomed.

To apply for these roles, visit **www.luton.gov.uk/jobs** and click on the link to the Teaching and Schools Vacancies.

Closing date for applications is: **Wednesday 12th December 2012**

Interviews planned for: **Week beginning 17th December**

Dallow Primary School is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment.Applicants must be willing to undergo child protection screening appropriate to the post, including checks with past employers and the Criminal Records Bureau.

LUTON

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# Trainee Reporter

## MK News

**MK NEWS and its associated website – mk-news.co.uk - is looking for an ambitious, motivated and talented trainee reporter to join its busy team.**

An all-rounder, you will be expected to produce lively, engaging and accurate content for all our platforms, including social media pages, and relish reporting on a range of topics.

You will have a knack for looking beyond the press release and bringing in off-diary stories and enjoy making and maintaining contacts in the community. You will also have completed your NCTJ preliminary exams or equivalent and have a current full driving licence and access to a car.

To apply, please send your CV and a covering letter to Cally Jenkins, Editor, MK NEWS, 1 Diamond Court, Fox Milne, Milton Keynes, MK15 0DU, or email cally.jenkins@mk-news.co.uk by Friday, November 30.

**Interviews will be held in Milton Keynes on Tuesday, December 4.**

It is the company's policy to employ the best qualified personnel and provide equal opportunity for the advancement of employees including promotion and training and not discriminate against any person because of sex, race, pregnancy, disability, marital or family status, ages, sexual orientation, religious beliefs or trade union memberships.

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Barnfield

# Administrator

## Procurement and Documentation

### Barnfield College, Enterpise Way, Luton

**Hours:** 37 hours per week, 52 weeks per year
**Salary:** £17,637 - £21,516
**Closing Date:** Wednesday 28 November 2012

We are seeking to appoint an Administrator to join the central IT services team at Enterprise Way in Luton. Responsible to the Head of IT & Network Services. The role includes administrative duties for the IT & Network Services department, who offer IT support across the Barnfield Federation. The role involves the procurement of hardware and software for the Barnfield Federation, and other administrative processes within the department.

With a good basic education and excellent interpersonal skills, you will be experienced in office administration and Microsoft packages. Knowledge of computer hardware and software would be an advantage, though this is a non-technical role. Any experience of procurement, project support or records management would be useful.

Working in a friendly environment, we offer an incremental salary, local government pension scheme and a generous level of holiday. There will also be training opportunities to advance the skills of the successful applicant.

For further information please contact Human Resources on **01582 569 767** or email **recruitment@barnfield.ac.uk**

Please visit **http://college.barnfield.ac.uk/Job2.aspx** to apply.

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**www.barnfield.ac.uk**

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*Whitefield Primary School*

**Stockholm Way, Luton, Beds LU3 3SS**

## Midday Supervisor x2

*£1,724 - £1,815 per annum*
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*Required ASAP*

Are you looking to work in a challenging, creative and inspiring environment?

Do you want to work with amazing children, alongside inspirational and committed staff?

You will need to be patient, positive and enjoy working with children. You will need to have previous experience of working in a school environment.

Visits to the school are warmly welcomed.

**For an application pack, please send a large SAE. If you require further details please contact Mrs Michaela Ostaniewicz, tel: 01582 596108, fax: 01582 494883 or email: Whitefield.Primary.Admin@luton.gov.uk**

**Closing date: 7 December 2012.** **Ref: 40/0644**
**Interview date: w/c 10 December 2012.**

***CVs will not be accepted for any posts based in schools.***
***Schools are committed to safeguarding and promoting the welfare of children and expect all staff to share this commitment.***
***Applicants must be willing to undergo child protection screening appropriate to the post, including checks with past employers and the Criminal Records Bureau.***

*We value equality because quality services need the best people - from the whole community.*

LUTON BOROUGH COUNCIL

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Central Bedfordshire

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Knowledge of Word, Excel and Outlook would be an asset. Good keyboard skills and the ability to accurately capture data while managing customer expectations are essential.

Full training will be provided on services handled within the Customer Service Centre.

**To apply, please visit www.centralbedfordshire.gov.uk/jobs**

**Closing date: 5 December 2012.**
**Interview date: tbc.**

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*Follow us on Twitter @CBCouncil_jobs or visit our website*

*Posts working with either children and/or vulnerable adults will be subject to the disclosure of criminal records.*

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Barnfield Setting the standard Moorlands Free School

# Modern Foreign Languages Teacher

## Barnfield Moorlands Free School

**Hours:** Up to 3 days a week, term time only (34 weeks a year). Flexibility with days/times to suit both school and successful candidate.
**Salary:** Dependant on experience
**Closing Date:** Monday 3 December 2012
**Interviews:** Friday 7 December 2012

Barnfield Moorlands Free School is looking for an enthusiastic and creative individual to teach Modern Foreign Languages in Key Stage 1 and 2. QTS is not essential but appropriate experience and qualifications will be required. The successful candidate will need to be able to speak French to GCSE standard but may wish to also introduce other languages to our curriculum. This is a perfect opportunity for a passionate and innovative person who wants to share their love of languages with children in a supportive and thriving environment.

This is a part-time position (3 days per week) and may also involve occasional teaching across the key stages in a range of subjects within the primary curriculum. Salary will be dependent on qualifications and experience.

For further information or a tour of the school please contact Human Resources on 01582 569 767 or email recruitment@barnfield.ac.uk

To apply please go to http://college.barnfield.ac.uk/Job2.aspx

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# SCHOOL DIRECT INITIAL TEACHER TRAINING (ITT)

**This exciting new school based programme of Initial Teacher Training is available from September 2013. Places are available to new trainees at our Lead Schools of Redborne Upper and Stratton Upper as well as our partner schools across Central Bedfordshire including All Saints Academy, Cedars Upper, Harlington Upper, Queensbury Academy and Vandyke Upper. Training places are available in the following subjects:**

- Mathematics
- Physics
- Chemistry
- Modern Foreign Languages
- English
- Computer Science

Candidates will need to pay a course fee of £9,000 but may be eligible for bursaries and loans, details available on the DfE website.

Successful trainees will be awarded Qualified Teacher Status (QTS) and a PGCE from our training provider, which is the University of Bedfordshire. We welcome applicants who have UK residency, GCSE Mathematics and English (or equivalent) at Grade C or above, and a degree – preferably First Class, Upper Second or Lower Second – in the subject in which the candidate wishes to train to teach, or a closely-related subject.

Further details for any of the above posts can be found on the Redborne Upper School website (www.redborne.com) or the Stratton Upper School website (www.stratton.beds.sch.uk) as well as the websites of our partner schools. Applications must be made online at the following address and applicants must select either Redborne or Stratton in the school name field.

http://www.education.gov.uk/get-into-teaching/teacher-training-options/school-based-training/school-direct/applying.aspx

If you require further information please contact Jon Gunn at Redborne Upper School or Jane Harper at Stratton Upper School.

All offers of a place are "conditional" until Criminal Record Bureau and qualification checks have been successfully completed, satisfactory references have been received and the professional skills tests passed.Our partnership is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment.

**Closing Date for applications to the first round of interviews is: Thursday 20th December, 2012**

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**Based in Bedford**

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**Closing date: 5pm, Friday 7 December 2012**

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Or email: hrdept@nevillespecialprojects.co.uk

CLOSING DATE: 30th November 2012.

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**Information provided on these pages is intended for general information purposes only and does not constitute legal or other professional advice.**

## Your CV

When you send your CV off to a potential employer, remember that you won't be the only one. Hundreds of other people could be applying for the job as well.

So what are you going to do to make you stand out from the crowd? Why should an employer take a chance on you instead of someone else?

Your CV is your first real chance to sell yourself to a potential employer. Most employers will scan through a CV in about 30 seconds so you need to grab their attention from the start - and make them want to invite you for an interview.

**There are five main areas to consider when writing your CV:**

• Make sure your CV looks the part. Your CV should look clean and tidy - don't scrawl it out on a piece of A4 paper. If you haven't got access to a PC or printer, ask a friend or use your local library. Use a good quality paper and steer clear of fancy borders and front covers.

• Watch out for silly spelling and grammar mistakes. They make you look lazy and show employers that you don't really care. It's not difficult to do a spell check on your PC and if you're really stuck then don't just guess, reach for a dictionary. Get a friend to read through your CV for you - a second opinion is always useful.

• Make sure your CV is well organised. When you list your previous jobs, make sure the dates are correct and try not to leave any gaps. If you took time out to go travelling then say so - employers won't mark you down just because you've tried something new.

• Don't waffle. Remember that employers don't have time to read every word of your CV. Long paragraphs and sentences put people off, so try bullet-points to break up text. Make sure your CV is no longer than two pages long - employers don't want your life history, they just want to see that you've got what it takes to do the job.

• Don't list any failures. Employers have enough trouble finding someone who is right for the job - they don't need help finding reasons not to employ you. If you have to include a mistake from your past, make sure you show the employer that you learnt something from the experience.

## Keep it simple

### Personal details

Start off with your full name, address, home and mobile phone numbers and email address . If you are offered an interview, the employer will want to get hold of you so give him as many options as possible.

### Summary/professional profile

This is the No1 area for selling yourself. Set out your main skills and personal qualities but keep it interesting and tight - one paragraph should do to cover everything.

### Education and qualifications

List your qualifications and education history, with the most recent first. You don't need to list the grades for each exam you have passed unless they were exceptional results - simply listing the number and type of exams you've passed is fine. Also, list any relevant professional organisations you belong to and training courses you have been on.

### Work experience

Start with your most recent position and work backwards, giving addresses along with start and finish dates. Set out your main responsibilities, duties and most importantly achievements, along with any skills you picked up or improvements you made while you were there. This is a really important section in your CV so make it count - but don't waffle.

If you have not had a full-time job before, detail any part-time jobs you may have held or any placement you have been on.

### Other skills

Set out any computer skills you may have and the software you are most familiar with. Can you type, do shorthand or speak a foreign language fluently? If you have a driving licence, let the employer know. If it's clean, tell them.

### Interests & hobbies

Briefly list what you get up to in your spare time. Put down any positions you hold in clubs or associations, along with any responsibilities and achievements.

### References

Make sure you have at least two people (including one from your previous or current job) who will tell an employer what a thoroughly nice person you are and what a potential asset to the company you would be.

If you want to list them now make sure you include their name, job title, postal & e-mail address and contact phone numbers. Alternatively, just put "Available on request" so the employer knows to follow up references at a later date.

## Add a covering letter

**The main aim of a covering letter is to encourage an employer to give you a chance. You want them to read your CV, so sell it to them. You should always enclose a covering letter when applying for a job - most employers won't consider you unless you do.**

A covering letter should let the employer know why you are interested in the job and why you think you can do it.

**The hints and tips below should point you in the right direction:**

• Keep it simple. A covering letter should be short and to the point - no more than six paragraphs.

• Mention the job. If you are replying to an advert, mention what the job is and where you saw it. The company may be advertising for other positions and it may not be clear which job you are applying for.

• Sell yourself. Explain why you are the perfect candidate for the job. Show off your strengths and experience. Refer to your CV - if it goes missing then at least an employer will know that you've sent it.

• Check it for mistakes. A silly spelling mistake in a covering letter is likely to cost you your chance of getting an interview. Also, make sure it is addressed to the right person in the right department.

A covering letter can be just as important as a CV in getting you an interview. It's your first point of contact with your potential employer - so make it count.

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## Public Notices

**Luton Borough Council**
**THE BOROUGH OF LUTON (SUNDON PARK ROAD) (TEMPORARY ROAD CLOSURE) ORDER 2012**

NOTICE is hereby given that on 19th November 2012 Luton Borough Council, the Highway Authority for the said Borough, made the above Order under the relevant provisions of the Road Traffic Regulation Act 1984 (as amended).

**The Order will come into operation 14th January 2013 and cease operation after 28th January 2013 or when the proposed works have been completed. Specific times and dates will be signed locally. The Order will therefore be in operation when signs are displayed.**

The effect of the Order will allow the Council to close to traffic the road and length of road in the schedule below. The Order is intended to create a window for the works to be done and it is anticipated that the works will be completed over a period within the dates described above.

The purpose of the Order is to facilitate examination of the railway bridge.

Access will be maintained as best as possible to properties where this may be done safely whilst such works are being carried out and diversions for traffic will be marked by signs.

**SCHEDULE**

| ROAD | LENGTH OF ROAD | TIMES |
|---|---|---|
| Sundon Park Road | From its junction with Toddington Road to the side of lamp column 21 (The section of Sundon Park Road under the railway bridge known as 'Sundon Arch') | 11.00pm to 5.00am |

Graham Turner, Highway Services Manager
Town Hall Luton LU1 2BQ

**THE BOROUGH OF LUTON (BEECHWOOD ROAD) (TEMPORARY ROAD CLOSURE) ORDER 2012**

NOTICE is hereby given that on 19th November 2012 Luton Borough Council, the Highway Authority for the said Borough, made the above Order under the relevant provisions of the Road Traffic Regulation Act 1984 (as amended).

**The Order will come into operation 2nd December 2012 and cease operation after 24 hours or when the proposed works have been completed. Specific times and dates will be signed locally. The Order will therefore be in operation when signs are displayed.**

The effect of the Order will allow the Council to close to traffic the road and length of road in the schedule below. The Order is intended to create a window for the works to be done and it is anticipated that the works will be completed over a period within the dates described above.

The purpose of the Order is to enable sewer cover replacement works to be carried out.

Access will be maintained as best as possible to properties where this may be done safely whilst such works are being carried out and diversions for traffic will be marked by signs.

**SCHEDULE**

| ROAD | LENGTH OF ROAD |
|---|---|
| Beechwood Road | At its junction with Waller Avenue |

Graham Turner, Highway Services Manager
Town Hall Luton LU1 2BQ

**THE BOROUGH OF LUTON (MIDLAND ROAD) (TEMPORARY ROAD CLOSURE) ORDER 2012**

NOTICE is hereby given that on 19th November 2012 Luton Borough Council, the Highway Authority for the said Borough, made the above Order under the relevant provisions of the Road Traffic Regulation Act 1984 (as amended).

**The Order will come into operation 21st January 2013 and cease operation after 29th March 2013 or when the proposed works have been completed. Specific times and dates will be signed locally. The Order will therefore be in operation when signs are displayed.**

The effect of the Order will allow the Council to close to traffic the road and length of road in the schedule below. The Order is intended to create a window for the works to be done and it is anticipated that the works will be completed over a period within the dates described above.

The purpose of the Order is to enable highway improvement works to be carried out.

Access will be maintained as best as possible to properties where this may be done safely whilst such works are being carried out and diversions for traffic will be marked by signs.

**SCHEDULE**

| ROAD | LENGTH OF ROAD |
|---|---|
| Midland Road | From its junction with Old Bedford Road to its junction with Church Street |

Graham Turner, Highway Services Manager
Town Hall Luton LU1 2BQ

**THE BOROUGH OF LUTON (LUTON ROAD) (TEMPORARY ROAD CLOSURE) ORDER 2012**

NOTICE is hereby given that on 19th November 2012 Luton Borough Council, the Highway Authority for the said Borough, made the above Order under the relevant provisions of the Road Traffic Regulation Act 1984 (as amended).

**The Order will come into operation 24th November 2012 and cease operation after 3 months or when the proposed works have been completed. Specific times and dates will be signed locally. The Order will therefore be in operation when signs are displayed.**

The effect of the Order will allow the Council to close to traffic the road and length of road in the schedule below. The Order is intended to create a window for the works to be done and it is anticipated that the works will be completed over a period within the dates described above.

The purpose of the Order is to enable carriageway resurfacing works to be carried out.

Access will be maintained as best as possible to properties where this may be done safely whilst such works are being carried out and diversions for traffic will be marked by signs.

**SCHEDULE**

| ROAD | LENGTH OF ROAD |
|---|---|
| Luton Road | From its junction with Newlands Road to its junction with Woodside Road |

Graham Turner, Highway Services Manager
Town Hall Luton LU1 2BQ

DATED: 25th November 2012

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## Public Notices

**THE BOROUGH OF LUTON (PROHIBITION AND RESTRICTION OF WAITING AND LOADING) (AMENDMENT NO.62) ORDER 2012**
**THE BOROUGH OF LUTON (STREET PARKING PLACES) (AMENDMENT NO.44) ORDER 2012**

**NOTICE** is hereby given that on 19th November 2012 Luton Borough Council, the Highway Authority for the said Borough, made the above Order under the relevant provisions of the Road Traffic Regulation Act 1984 (as amended) and all other enabling powers.
The Orders will come into operation on 30th November 2012.
The general effect of the Orders is to:

1. Extend Zone P Residents parking zone with the addition of roads specified in schedule 1 below:
2. Introduce into schedule 2 of The Borough of Luton (Street Parking Places) Order 2009 additional qualifying addresses for Zone P as specified in schedule 2 below:
3. Introduce a Limited Waiting parking bay in operation Monday to Friday 8am-6pm max stay 2 hours Zone P permit holders exempt as specified in schedule 3 below:
4. Introduce various waiting restrictions within Zone P.

A copy of the Orders, together with plans showing the roads and lengths of roads affected and a Statement of the Council's reasons for making the Orders may be inspected at the Parking Shop at the Town Hall, Luton (public entrance on Gordon Street) between 9.00am and 4.30pm Monday to Friday. Any person wishing to question the validity of the Orders or of any provision contained in it on the grounds that they are not within the powers contained in the above Act or any requirement of that Act or any regulation made under it has not been complied with in relation to the Orders, may, within six weeks of the date on which the Orders were made, apply to the High Court for this purpose.

25th November 2012

Graham Turner, Highway Services Manager
Town Hall Luton LU1 2BQ

**SCHEDULE 1 - Residents Only parking bay Monday–Friday 8am-6pm Zone P**

| | |
|---|---|
| Bakewell Close | 5 bays. |
| Eldon Road | 3 bays. |
| Ferrars Close | Both sides the whole length. |
| Hayhurst Road | 4 bays. |
| Kendale Road | Both sides the whole length. |
| Matlock Crescent | 6 bays. |
| Ripley Road | 5 bays. |
| Stanton Road | 1 bay even numbered side from a point opposite the boundary between No's 42/44 Stanton Road southwards for a distance of 23 metres. Both sides from a point 10 metres south of the southern kerbline of Matlock Crescent southwards including the hammerhead. |
| Staveley Road | 6 bays. |

**SCHEDULE 2 - Qualifying addresses for proposed Residents Zone P**

| | |
|---|---|
| Bakewell Close | All residential properties in Bakewell Close. |
| Eldon Road | All residential properties in Eldon Road. |
| Ferrars Close | All residential properties in Ferrars Close. |
| Hayhurst Road | No's 1 - 29 and No's 2 - 30 Hayhurst Road. |
| Kendale Road | All residential properties in Kendale Road. |
| Matlock Crescent | All residential properties in Matlock Crescent. |
| Ripley Road | All residential properties in Ripley Road. |
| Stanton Road | All residential properties in Stanton Road. |
| Staveley Road | All residential properties in Staveley Road. |
| Toland Close | All residential properties in Toland Close. |

**SCHEDULE 3 - Limited Waiting parking bay in operation Monday–Friday 8am-6pm max stay 2 hours Zone P permit holders exempt**

| | |
|---|---|
| Hayhurst Road | Odd numbered side from a point 10 metres south of the southern kerbline of Dunstable Road southwards for a distance of 21 metres. Even numbered side From a point 10 metres south of a point opposite the boundary between No's 4/6 Hayhurst Road northwards for a distance of 27 metres. |

**CENTRAL BEDFORDSHIRE COUNCIL**
**(HIGH STREET, HOUGHTON REGIS)**
**(TEMPORARY PROHIBITION OF TRAFFIC) ORDER 2012**

Central Bedfordshire

NOTICE IS HEREBY GIVEN that the Central Bedfordshire Council has made an Order the effect of which will be to prohibit any vehicle, except a vehicle being used for fire, police or ambulance purposes in an emergency, from proceeding along that length of High Street, Houghton Regis which extends from Cemetery Road to Bedford Road.

This temporary closure is required to enable highway works in conjunction with new Morrison's Supermarket to take place, and shall apply to such extent as may from time to time be indicated by the appropriate traffic signs. Where possible access will be maintained to property and premises but may be restricted from time to time according to local signing.

**It is expected that the works will take place over FIVE NIGHTS from the 26th November to 1st December 2012 between 7pm and 7am each night. Specific dates will be advertised locally closer to the time.**

The alternative routes available for vehicles affected by the proposed Order are:-

Proceed north on A5120 Bedford Road and turn left onto Thorn Road. Continue to the A5 and left to roundabout, take first exit onto A5 becoming High Street North. Continue to crossroads, turn left onto A5120 Houghton Road and continue to site vice versa.

The proposed Order will come into operation on 26th November 2012 for a period of six months or until the proposed works have been completed, *as detailed above,* whichever is the earlier.

For further information please contact Robin King of Miletree Construction, tel. 07836 250213.

**(PEPSAL END ROAD, SLIP END)**
**(TEMPORARY PROHIBITION OF TRAFFIC) ORDER 2012**

NOTICE IS HEREBY GIVEN that the Central Bedfordshire Council intend not less than seven days from the date of this Notice to make an Order the effect of which will be to prohibit any vehicle, except a vehicle being used for fire, police or ambulance purposes in an emergency, from proceeding along that length of Pepsal End Road, Slip End which extends from Front Street to the Hertfordshire county boundary.

This temporary closure is required to enable road resurfacing works to take place and shall apply to such extent as may from time to time be indicated by the appropriate traffic signs. Where possible access will be maintained to property and premises but may be restricted from time to time according to local signing.

**It is expected that the works will take place over THREE DAYS from 10th to 12th December 2012 between 8am and 6pm. Specific dates will be advertised locally closer to the time.**

The alternative routes available for vehicles affected by the proposed Order are:-

Proceed west on Front Street and continue to crossroads. Turn left onto B4540 Markyate Road to the A5, turn left and continue to Old Walting Street. Turn left at continue to Chad Lane, turn right and continue on Pepsal End Land to site and vice versa.

The proposed Order will come into operation on 10th December 2012 for a period of four months or until the proposed works have been completed, *as detailed above*, whichever is the earlier.

For further information please contact Central Bedfordshire Highways, Tel: 0300 300 8049.

DATED 21st November 2012

Basil Jackson, Assistant Director for Highways
Central Bedfordshire Council, Technology House, Ampthill Road, Bedford MK42 9BD

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## DR IN THE HOUSE

**It's long been the Mercedes-Benz philosophy that there's always room for more power and the C-Class DR 520 shows that such thinking is alive and well within the company.**

520bhp and a 4.1s 0-60mph time puts this enhanced C 63 AMG model up into the supercar class. Most C-Classes leave the production line with a middling four-cylinder diesel engine and live out a useful life as a mile-munching company car or dependable family transport for a private buyer but at the top of the range, the C 63 AMG is quite different. This is the Mercedes-Benz compact super saloon complete with a 6.2-litre V8 cranking out 450bhp. It's the Mercedes answer to the BMW M3 and the DR 520 version of this car is positioned as an alternative to specialist M3 models like the CSL and GTS which turn the lunatic dial up to eleven. The DR 520 car benefits from the AMG Performance Pack Plus which can be fitted to the standard C 63 AMG. Engine-wise, it includes forged pistons, special connecting rods and a revised crankshaft. There's no turbo on the C 63 just a whole lot of cubic capacity and the DR 520 keeps to that formula, the difference being that it has a power boost to 520bhp and torque increased by 50Nm to 650Nm. It's worth pointing out that the C-Class isn't a huge luxury saloon, it's a compact executive model weighing around 1,700kg and measuring 4581mm from nose to tail. 520bhp is a lot of power in a car like this and it enables the DR 520 to hit 60mph from a standing start in 4.1s. Choose the 'practical' estate version and 0.1s is added to that time but the top speed is the same, an artificially limited 187mph.

Despite performance that's bordering on the insane, the DR 520 isn't all that extreme to look at. It certainly doesn't conform to the huge spoilers and vast wheelarches formula as seen on the even more specialised Mercedes-Benz Black Series models. What you get in addition to the C 63 is an upgraded braking system with red callipers, some DR 520 badging and, if you choose the saloon, a carbonfibre rear spoiler. Things get a little more extrovert inside where the impressive sports seats bear the DR 520 legend and virtually everything that can be is swathed in leather or Alcantara. An AMG Performance steering wheel is also added. Only 20 DR 520 models are going to see the light of day and they're exclusive to the UK market. The price is £10,000 above the price of the C 63 AMG which is hardly affordable but in the context of supercar packing 500bhp plus, overall asking prices just north of £60,000 are not unreasonable. The estate and saloon models get titanium finish alloy wheels and a comprehensive equipment list while a 3-year 60,000-mile warranty is included despite the cars status as a UK-only special edition.

The DR looks a fitting way to launch the Mercedes Specialist Products Division as products don't get much more specialist and there should be little problem selling the 20 models which are planned.

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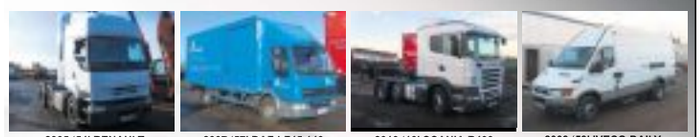

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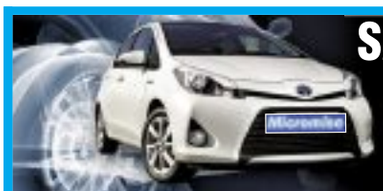

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|---|---|---|---|
| Frome | P | Bedford Town | P |

**CENTRAL DIVISION ONE**

| | | | |
|---|---|---|---|
| Barton Rovers | P | Ashford Town | P |

**UNITED COUNTIES LEAGUE**
**PREMIER DIVISION**

| | | | |
|---|---|---|---|
| Shepshed | 4 | AFC Kempston Rvs | 0 |

**DIVISION ONE**

| | | | |
|---|---|---|---|
| Rushden & Diam | P | Wootton Blue Crs | P |

**SML PREMIER DIVISION**

| | | | |
|---|---|---|---|
| Dunstable Town | 1 | Ampthill Town | 1 |
| St Margaretsbury | P | AFC Dunstable | P |

**DIVISION ONE**

| | | | |
|---|---|---|---|
| Cranfield Utd | P | Cockfosters | P |
| Langford | 1 | Crawley Green | 4 |

**DIVISION TWO**

| | | | |
|---|---|---|---|
| Caddington | 0 | Totternhoe | 4 |
| The 61FC | 1 | Kent Athletic | 1 |

**BEDS COUNTY LEAGUE**
**PREMIER DIVISION**

| | | | |
|---|---|---|---|
| Arlesey Town R | P | Flitwick Town | P |
| Bedford SA | P | Bedford Hatters | P |
| Ickwell & Old Wdn | 2 | Caldecote | 3 |
| Lidlington Utd Spt | P | AFC Kempston Tn | P |
| Marston Shelton R | 6 | Sharnbrook | 3 |
| Shefford Town | 2 | AFC Biggleswade | 3 |
| Wilshamstead | 1 | Renhold Utd | 3 |

**BEDS FA INTERMEDIATE CUP**

| | | | |
|---|---|---|---|
| AFC Dunstable R | P | Leighton Utd | P |
| Elstow Abbey | 0 | Barton Rovers R | 5 |
| Luton Boys | 3 | Farley Boys | 4 |

**DIVISION ONE**

| | | | |
|---|---|---|---|
| AFC Kempston T R | P | Sandy | P |
| Caldecote R | 2 | Pavenham | 3 |
| Kings AFC | 2 | Shefford Town R | 0 |
| Lea Sports PSG | 1 | Henlow | 2 |
| Shillington | P | Brickhill Tigers | P |

**DIVISION TWO**

| | | | |
|---|---|---|---|
| Eastcotts AFC | P | Westoning | P |
| Goldington | 2 | Stopsley Park | 5 |
| Meltis Albion | 2 | St Joseph's Sat R | 4 |
| Oakley Sports R | P | Bromham Utd | P |
| Potton Utd R | 1 | Cranfield Utd R | 2 |
| Q Park Crescents | A | Sundon Park Rgrs | A |
| Woburn Athletic | P | Marabese Ceramic | P |

**DIVISION THREE**

| | | | |
|---|---|---|---|
| Dunton | P | Marsh Leys | P |
| Kempston Ham Sp | P | Ickwell & OW R | P |
| Potton Town | 9 | Wilshamstead R | 2 |
| Renhold Utd R | P | Clifton | P |
| Risely Sports | 2 | Bedford Park Rgrs | 2 |
| Stevington | P | Great Barford | P |
| Westoning R | P | Royal Oak Kempst | P |

**DIVISION FOUR**

| | | | |
|---|---|---|---|
| Bedford Panthers | 4 | Elstow Abbey R | 1 |
| Caldecote A | 2 | Dunton R | 2 |

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| | | | |
|---|---|---|---|
| Sutton Coldfield | 13 | Ampthill | 10 |

**LONDON ONE NORTH**

| | | | |
|---|---|---|---|
| Diss | 12 | Luton Rugby | 5 |

**MIDLANDS TWO EAST (SOUTH)**

| | | | |
|---|---|---|---|
| Dunstablians | 32 | Northampton OS | 3 |

**MIDLANDS THREE EAST (SOUTH)**

| | | | |
|---|---|---|---|
| Daventry | 13 | Stockwood Park | 22 |

# 'Boucaud will not leave on the cheap'

**FOOTBALL**

**BY KEVIN AFFLECK**
kevin.affleck@lsnmedia.co.uk

**PAUL BUCKLE says the issue surrounding the future of Andre Boucaud is "crystal clear" – Notts County must meet the Hatters' valuation if the player wants to secure his move away from Kenilworth Road.**

**The midfielder, 28, said this week the uncertainty over his future is "getting a bit frustrating" and he would like the two parties to thrash out a deal so he can remain at Meadow Lane on a permanent basis.**

**But Buckle conceded Boucaud will only be leaving on Luton's terms and hinted Boucaud may have to compromise financially.**

**"It's simple for me," Buckle said. "He's a Luton Town player and even when he goes out on loan, he is still our player and still gets paid. Some players knock on the door when they are not playing and say they are willing to give up money and then move on. But that wasn't the case."**

**Boucaud joined the Hatters nearly a year ago from York City for a fee of £25,000 but it quickly became clear he was not part of Buckle's plans when he took over the reins in April. He has since established himself as a regular in Notts County's midfield.**

**"They have the right to ask for a fee because I'm their player, but they didn't want me at the start of the season and I never asked to leave so I don't understand it," Boucaud said.**

**By signing Arnaud Mendy and Jonathan Smith, Buckle has made it clear Boucaud has no future at the club but is not prepared to let him leave on the cheap.**

**"Andre has been treated very well by our football club," Buckle said. "He's done very well on loan at a big club and if Notts County want him, then they have to come up with the right money for our football club. It's crystal clear for us."**

**Buckle also admitted he changed his mind about sending James Dance out on loan at the 11th hour.**

**The attacking midfielder was all set to join a Conference club on Thursday on a temporary deal in a bid to gain match practice after only recently returning from a long-term ankle problem. But, on reflection, Buckle is mindful of the shallow nature of his squad and the fact you are allowed to name seven substitutes for an FA Cup tie.**

**"It looked yesterday [Wednesday] like he was going to go out on loan, but I had second thoughts and called him this morning and told him, 'I want to keep you'," Buckle said. "He's looking very good and just needs games. I've got a sneaky feeling he will play a part between now and the end of the season.**

**"I've got to be careful as if we get a couple of knocks, the picture changes very quickly and we will leave ourselves short."**

**Dance has only featured as a substitute since his return, playing the final few minutes of the FA Cup replay win over Nuneaton. Buckle put on an extra game at the training ground on Thursday so the likes of Dance could gain match fitness and has arranged a friendly next week.**

**Buckle was willing to let Dean Beckwith go out on loan but, according to the manager, the defender "said he wants to stay and commit".**

Andre Boucaud is itching for a move away from Kenilworth Road and wants to join Notts County

# Roache at it again to rescue a point for Town

**FOOTBALL ROUND-UP**

**BY JONATHAN PAXTON**
sport@lsnmedia.co.uk

TOP-SCORER Lee Roache came to the rescue for Dunstable Town as they hung on to their unbeaten record in a 1-1 draw against a sprightly Ampthill side.

The Spartan South Midlands Premier League leaders had chances to open the scoring in the first half but Ampthill felt aggrieved not to have been awarded a penalty, Michael McKenzie going down in a challenge with goalkeeper Paul Taylor on a wet pitch, but the referee waved away protests.

Ampthill started the second half brightly and took a deserved lead when Christian Lester headed in at the far post from a free-kick on 56 minutes.

It took just six minutes for Dunstable to get back on terms when the prolific Roache obliged with another important goal, heading home his 27th of the season after good work from Chris Francis.

Both teams had chances but neither team could grab a winner.

The Blues remain top although second-place Aylesbury gained ground while **AFC Dunstable**'s match at St Margaretsbury was postponed.

A Jamie Warne hat-trick helped **Crawley Green** to a 4-1 win at Langford and keep the pressure on at the top of Division One.

Despite having the better of the play early on, Crawley went behind on 30 minutes when Lee Loasby conceded a penalty which Jamie Osborne expertly converted.

Crawley equalised on 53 minutes through a Warne penalty and they took the lead on 64 minutes, Terry Billy firing in after a melee in the penalty area.

Warne made it 3-1 on 79 minutes, lobbing the keeper from 18 yards out for the best goal of the match and he smashed home to complete his hat-trick with five minutes remaining. An intense Division Two Luton derby between **The 61FC** and **Kent Athletic** ended 1-1 in boggy conditions.

Kent took the lead just before half time, Adam Mace scoring after keeper Adam Currington lost the ball in slippy conditions.

61 manager Richard Everritt responded by making three changes at half time and the tactical switch was rewarded in the 85th minute when Aaron Lewis set up fellow substitute Arthur Wallace to snatch a point.

**Totternhoe** won 4-0 at **Caddington** in Division Two but it was not until the 70th minute that Adrian Millard opened the scoring.

Millard then won a penalty, which was converted by Johnny Clarke, and Clarke scored his second with a spectacular diving header on 80 minutes.

Clarke scored a fine individual goal to make it 4-0 and move Totternhoe into second place while Caddington remain rooted to the foot of the table.

For all the Luton Town news ... www.luton-dunstable.co.uk

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PUNCH BAG: Jordan Reynolds is through to his second successive national final.

# Luton teen sets up national final

## BOXING

BY LUKE PETERSON
sport@lsnmedia.co.uk

**LUTON boxer Jordan Reynolds says he boxed his "opponent's head off" after defeating Welsh youngster Connor Gethin with a second-round standing eight count yesterday to make it through to the final of the National Club for Young People Championship for the second year running.**

**Reynolds felt he was going to have to stop his opponent in his own backyard to avoid the bout being decided by the judges – and he did just that.**

**The semi-final Welterweight victory has even more meaning for Reynolds, 17, since his defeated opponent beat last year's winner, Aled Cooke, in the last round.**

**Cooke controversially beat Reynolds in last year's final, despite the Luton fighter believing he had done more than enough in the last round to be crowned champion.**

**Reynolds will now go into next month's final with his confidence sky high after proving too good for Gethin, the Welsh international.**

**"I just boxed, you know," Reynolds said. "I just boxed his head off. Loads of people were coming up to me. It was nice to get a win. It's proved a lot."**

**Reynolds is now likely to face Kazeem Mahmood, the England international, in the final on the weekend of December 7.**

**"I'm still the underdog," Reynolds said. "I'm boxing boys who have been boxing since they were little. I have to win it.**

**"I'm going to be training hard, training two to three times a day and just enjoy myself. I box a lot better when I enjoy myself."**

**The youngster trains at West Ham Amateur Boxing Club under the guidance of Mick Driscoll who was ringside in south Wales yesterday.**

**"He was well happy," Reynolds said. "He said it's the best I've ever boxed. He relaxes you and makes you work harder. I'm glad he's in my corner."**

**Driscoll, who has worked with the likes of Nigel Benn and Michael Marsh, has compared his young star to to the likes of Roy Jones Jr, Mike Tyson, Tony Zale [the American who beat Rocky Graziano] and Ricky Hatton. He believes his protégé is a "phenomenal talent" and that he can follow in the footsteps of fellow Lutonian Billy Schwer and become a world champion.**

**Driscoll feels Reynolds has the potential to turn professional in two years time but, for now, the former Barnfield Academy pupil is just concentrating on winning a national title and gaining experience at amateur level.**

**"I want to get over 100 fights to get experience [before turning professional]," said Reynold who has had just over 20 fights, losing just two, and is already part of the England squad.**

**"I used to want to have turned professional before 18 but I just want to try and get to the Olympics and get into Team GB next year."**

# Points pour in for Dunstablians

## RUGBY UNION ROUND-UP

BY TIM BARTLETT
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DUNSTABLIANS enjoyed a successful afternoon at home to Northampton Old Scouts in their Midlands Two East (South) clash yesterday, scoring five tries and restricting their guests to three points in a 32- 3 win.

As the weather made passing and back play challenging, the home side dominated the first half through great forward pressure and tight defensive work.

The visitors lead through a Duncan Holmes runaway try, leading 7-0 at the interval.

Second-half points were added by way of tries from man-of-the-match Simon George, Gavin Denning and a Danny Mills brace, wrapping up the match for Dunstablians and securing both the spoils and the bonus point.

**Stockwood Park's** won 22-13 away at Daventry in the Midland East Three (South) fixture.

Jason Carr kicked the visitors ahead early in the game and Casey Waterfield added a try 15 minutes later.

Stockwood winger James Peddar was released on the half hour following quick hands and good footwork to crash through the Daventy full-back and go under the posts to give the visitors a 17-0 half-time advantage.

The home side clawed their way back into the game with two unconverted tries, but Ben Griffen, the Stockwood Park number eight, crashed over with three minutes to play to ensure a nine-point winning margin.

Dunstablians now look forward to a table-topping clash against much-fancied Leighton Buzzard in a fortnight.

Appalling weather away at Diss restricted a normally free-scoring **Luton** side to a solitary try in a London 1 (North) game littered with handling errors.

Luton lead 5-3 after the first period of play thanks to a Mike Weston crash-ball try, though the home side responded with four penalties sealing a 12-5 win for Diss.

Luton at least had the consolation of returning home with a well-deserved bonus point for their efforts.

■ For a more comprehensive round-up of yesterday's action involving Luton sides, visit www.luton-dunstable.co.uk/sport

Mike Weston scored Luton's only try of the game

# Mids Bed squad make a splash in level one meeting

## SWIMMING

**THE new Inspire 50m pool at Luton inspired the Mid Beds Swim Squad to a 20 medal-haul at a recent level one meeting.**

**Competitors came from all over the country to attend the 50m long course meet so it was no wonder Mid Beds coach Sacha Djerfi was delighted with the performance of his swimmers.**

**Emma Shoobert, 10, starred by winning three golds, two silvers and one bronze.**

**Mea Roberts, 10, and Brandon Nabarro, 15, won the other two golds.**

**Silver medals were won by Mea Roberts, 10, Brandon Nabarro,15, Kate Meechan, 16, and Jessica Karp, 17.**

**Matthew Peck, 10, won three bronze medals, Amber Swales, 17, won two bronze and Mea Roberts, 10, Georgina Curtis 12 and Iona Gourlay 12 also won bronze.**

**Sixteen swimmers achieved regional qualifying times, there were eight times of zonal standard, Amber Swales achieved her second national qualifying Time in the 400IM while 80 per cent of the swimmers set new personal bests.**

# Beds trumped by Herts and rue late penalty miss

## FOOTBALL

BY LUKE PETERSON
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BEDFORDSHIRE Under-18s joint manager Jon Reed says the East Anglian Counties Championship is "wide-open" after his side's defeat by local rivals Hertfordshire.

The 1-0 loss at home to their neighbours on Sunday saw Reed's side succumb to their first defeat in five games. Charlie Reinsford missed the chance to rescue a point for Beds when he saw a penalty saved with ten minutes to go.

Reed felt his team did not show the type of blistering form that had yielded high-scoring victories over Cambridgeshire and Northamptonshire.

"We were below par," Reed said. "We didn't really get going. We had two chances [to equalise] in the last five minutes, but just couldn't poke the ball home."

The defeat keeps Bedfordshire on top of the table after three games but under pressure from second-placed Cambridgeshire, as well as last Sunday's opponents, both of whom have played at least one game less than Reed's team.

"We've got a little bit of work to do in the league," he said.

"The league is wide open but we're fairly confident we can play better than we did on Sunday."

Beds' attention now switches to the FA County Youth Cup and a third-round date with Herefordshire on December 9. Beds dazzled in their 5-1 mauling of Northamptonshire in the last round but their opponents won 5-2 themselves, against Huntingdonshire.

Reed is well aware his side will need to raise their game for the match at Dunstable Town FC, the home of the South Midlands Premier Division league leaders.

"Sometimes you can learn more from a loss," Reed said. "We now have to focus on the cup game. We need [to give] 110 or 120 per cent."

Beds may be without the influential Martin Danobrega for the game due to a hamstring injury picked up in Sunday's match at AFC Kempston Rovers. He is rated as "50/50" for the tie.

■ Go online to view a picture gallaery from the game

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# Hatters face fixture pile up after cup wash out

DAMP SQUIB: There was no chance of play at Dorchester Town yesterday.
Picture: Gareth Owen

FOOTBALL

BY LAUREN ARCHELL
lauren.archell@lutononsunday.co.uk

**PAUL BUCKLE said he was "disappointed and frustrated" after Luton Town's FA Trophy tie with Dorchester Town was called off at the eleventh hour due to a waterlogged pitch.**

Officials declared the Avenue Stadium pitch playable after an early inspection at around 9.30am, but persistent heavy rain led to the referee postponing the game just after midday.

Buckle had been down to the stadium in the morning, and had a gut feeling the game would not go ahead.

"I had just finished writing the plans for the game up on the board when I received the call, and, to be honest, it wasn't too much of a surprise," said Buckle who scored an FA Cup winner at the ground for Weymouth in 2004.

"We had an early visit at the pitch and although they said it was OK, the ground didn't look too good even then."

"It is very disappointing as it is a long way to come and we had been looking forward to a clear week on the training field next week, but sometimes these things happen.

"It is frustrating as we had prepared fully like any other, but we'd rather be ready and have a game called off than not be ready.

"Whether it's the FA Trophy, FA Cup or Youth Cup, we want to win and that is such an important mentality to have."

The tie has been scheduled to take place on Tuesday evening, but the forecast looks like it could be more of the same between now and then.

"I'm not sure if the tie will be able to go ahead on Tuesday yet, we'll have to wait and see," said Buckle.

"The players have already left and they will have the remainder of the day off to get as much rest as possible as it is now going to be a busy week, with another long trip back down south, before meeting the team again in the second round of the FA Cup.

"It's very strange to have to play one team consecutively, never mind playing Dorchester twice in the space of four days. I'm not sure that has happened before."

Despite the fixtures starting to pile up, Buckle said he is not too concerned about the amount of games the Hatters have to play.

"It's a catch 22 really," Buckle said. "We want to be in the FA Trophy, I think that's important, and everybody wants to be in the FA Cup.

"At the same time, it's not great to fall too far behind with our league fixtures, and have to change things around and squeeze things in.

"We are very aware that teams around us will be playing in the league next weekend while we're in the cup.

"But if the rescheduled tie goes ahead on Tuesday, that will be one problem out of the way, and everything else will fall into place."

Andre Gray said the back-to-back cup games against Dorchester "annoy him" and are an unwelcome distraction from the priority of gaining promotion.

■ Dorchester Town v Luton Town, FA Trophy, Tuesday, 7.45pm

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**Who:** Leslie Carey, 39

**Where:** The Rapid Inch Loss Clinic Nuneaton

**When:** 6 Weeks, June 2011

**What Happened:** Leslie had Ultrasonic Liposuction on her stomach and inner thigh but only lost ¾ inch after 1st visit. She then lost 2 ½ inches after her 2nd visit, before losing 16 inches in total over the course of her therapy.

**How:** We focussed Ultrasonic Liposuction on Leslie's inner thigh and stomach once a week (1 session on each area) for 6 weeks. After her 1st session Leslie ate take away food on 4 of the evenings, as well as drinking several pints of beer most nights. This resulted in slow progress. However, after only losing ¾ inch in week 1, Leslie decided to drink a little more moderately, ate more balanced meals and as a result she then lost 2 ½ inches between her 2nd & 3rd treatments. Leslie then resolved to adjust her lifestyle, she started eating & drinking in moderation, while making an effort to be more active generally. Leslie went on to lose 16 inches in total over her course which took in 12 sessions each on her stomach & inner thighs.

**Why was Ultrasonic Liposuction Needed:** Leslie has a demanding job as a director of an engineering firm, this lead to Leslie having a poor diet of take away food & beer, with little activity in her daily life due to a lack of time. Leslie arrived for her 1st session as a size 16, standing at 5' 6" tall

**Where are they now:** After achieving her target size and shape Leslie had lost 16 inches from her stomach and inner thigh. After completing her course and armed with her improved lifestlye and body shape Leslie felt inspired to take up Exercise! She began walking 3 evenings a week and therefore needed no more sessions to maintain her new size and shape!

To find out more please visit www.rapidinchloss.co.uk

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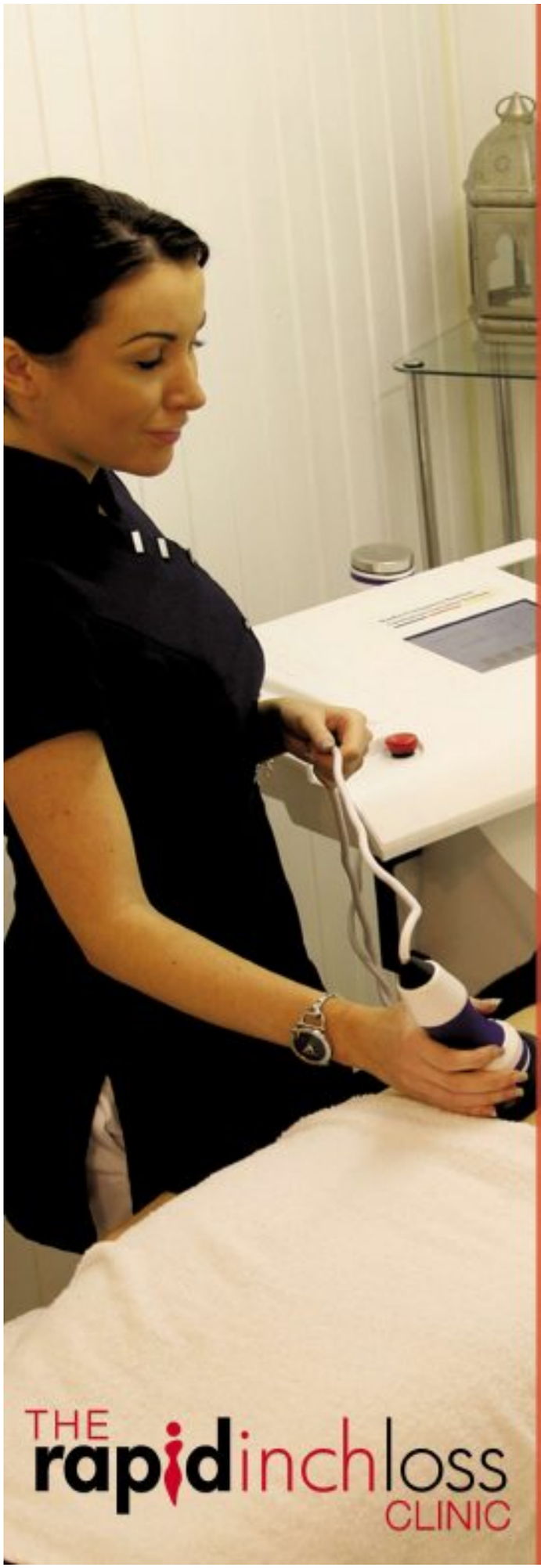

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